

The suggestions on this handout can help guide you in providing the healthiest donation for our youngest neighbors who need it most for growth & development!

For more information, visit: www.mannafood.org or call (301)-424-1130



Grains

- Instant oatmeal packets, original flavor
- Brown rice (16 oz)
- Whole grain pasta (12-16 oz)

Protein

- Tuna, Salmon or Chicken, in water
- Dry or canned beans (low sodium)
- Natural nut butters

Fruits & Vegetables

- Canned vegetables (low-sodium)
- Canned fruit (in juice)
- Fruit or veggie cups

Other Healthy Items

- Shelf-stable, individual milk boxes
- Cooking oils & spices
- Infant formula & baby foods