



MOST NEEDED FOOD ITEMS:

- **Canned proteins (tuna, chicken, salmon, Spam)**
- **Peanut butter and nut butters**
- **Canned fruits and vegetables (low sodium preferred)**
- **Rice, pasta, and beans**
- **Shelf-stable milk and milk alternatives**
- **Hearty soups, stews, or chili (preferably with pop-top lids)**
- **Cooking oils**
- **Spices**
- **Breakfast items (cereal, oatmeal, pancake mix)**
- **Culturally relevant staples (lentils, tortillas, jasmine rice, etc.)**
- **Dairy Products**
- **Eggs**
- **Baby food, formula**
- **Diapers, baby wipes**
- **Hygiene items**

List compiled in cooperation with our food partners: Eloise's Cooking Pot, Emergency Food Network, GoodRoots NW, Nourish PC



UNITED WAY
Pierce County