



Delivering hope, one meal at a time®

Thank you for your interest in Food & Friends' grocery program. Our clients are living with serious illnesses like HIV/AIDS and cancer and have very specific nutrition needs. We only accept donated items from this list because our dietitians determined these foods best support our clients' unique dietary needs. If you have other food to donate, we kindly ask that you contact the [Capital Area Food Bank](#) instead.

FOOD DRIVE WISH LIST

- Low Sodium Canned Chicken
- Canned Salmon
- Canned Tuna (in water)
- Canned Peaches (in 100% fruit juice, no heavy syrup)
- Canned Pears (in 100% fruit juice, no heavy syrup)
- Low Sodium Chicken Broth
- Low Sodium Vegetable Broth
- Low-Sodium Canned Beans (black, pinto, garbanzo, white, kidney, etc.)
- No Salt Added Tomato Sauce
- No Salt Added Diced Tomatoes
- Whole Wheat Dry Pasta
- Brown Rice
- Peanut Butter (no added Salt/Sugar)
- Apple Sauce – No Added Sugar/unsweetened varieties
- Raisins (packs of 12-oz boxes welcome)
- Honey Graham Crackers (plain, no frosting)
- Corn Flakes or Total Cereal
- Jars of peanuts (no salt added)

Please note: We cannot accept items that have passed their expiration date, are dented/damaged, or are in glass containers.

Food & Friends reserved the right to turn away any food items that do not comply with the parameters listed above.