



## FOOD ASSISTANCE WISH LIST - SPRING 2010

**Dry Goods** – Breakfast Cereals, Oatmeal (high fiber or low sugar), Mac & Cheese, Top Ramen, Pasta (whole wheat), Beans, Rice (white, brown, wild), Dry Soups, and Boxed Meals (Rice-A-Roni, Pasta-Roni, etc.).

**Canned Food** – Soups, Vegetables, Fruits, Tomato Sauce, Tuna, and Chicken. Low sodium and foods canned in water instead of oil or syrups are preferable.

**Other Items:** Jarred Peanut Butter, Jellies, Almonds Or Other Nuts, And Dried Fruit.

**Remember! We always need more fresh fruits and vegetables!**  
If you have any that you would like to donate, just call the number below.

3333 Third Avenue \* Sacramento, CA 95817 \* Tel (916) 456-1980  
E-mail: [ssaulnier@sfbs.org](mailto:ssaulnier@sfbs.org) \* Website: [www.sacramentofoodbank.org](http://www.sacramentofoodbank.org)

