



## **Canned Food Drive Items for Seniors**

- Canned fruits/vegetables/beans (pop top)
- Dried fruit (prunes, raisins, Craisins, etc.)
- Individual fruit cups (packed in juice)
- Peanut butter
- Crackers (Ritz, Wheat Thins, saltines, etc.)
- Macaroni and cheese (individual serving cups)
- Canned soups (regular or low sodium, individual serving cups or pop top)
- Tuna or Chicken (pouch style or pop top)
- Cereal (whole grain)
- Instant Oatmeal/Grits/Cream of Wheat (individual packs)
- Granola bars or breakfast bars (prepackaged)
- Nuts/Trail Mix
- Vegetable/Juice boxes or plastic bottles (nonrefrigerated)
- Milk boxes (individual or powdered, nonrefrigerated)
- Boost, Ensure, or Carnation Instant Breakfast (in plastic bottles or powdered)