**GEORGIA MOUNTAIN FOOD BANK MOST NEEDED ITEMS**

**Canned Meat or Fish**

Tuna and other canned meat, such as chicken, stew, chili, salmon or corned beef – packed in water, low sodium/sugar

**Soup/Canned Meals -** Low sodium/sugar

**Canned Fruits and Vegetables (i.e. black beans) -** Low sodium/sugar

**Peanut Butter AND Jelly -** Low sodium/sugar

**Pasta**

Brown Rice, Pasta or boxed pasta dinners – whole grain

**Milk Products –** powdered or shelf stable milk

**Cereal – low sugar; Oatmeal – instant or regular**

**Baby Diapers in all sizes**