Most Wanted Food Items

Low sodium canned vegetables
No sugar added canned fruit
Canned meats & seafood
Nuts and nut butters, especially low-sugar or no-sugar options
Low sugar jams and jellies
Whole grain pasta and rice
Whole grain cereal and oats
Dried beans, peas and lentils
Other nutritious foods (preferably healthy, whole grain, low-sodium and low-sugar products)