



## *Here is a handy list of the food we need most often at Manna*

- Peanut Butter
- Tuna Fish
- Canned Fruits & Vegetables
- Shelf-Stable Milk
- Cereal
- Oatmeal
- Rice
- Pasta
- Beans
- Canned Tomato Sauce
- Macaroni and Cheese
- Soup
- Baby Food
- Other canned meat and fish
- Canned pasta

## *Manna's Smart Sacks program needs smaller kid-friendly food including the following:*

- Peanut Butter in 18oz jars or smaller
- Small Fruit Cans/Cups
- Individual Applesauce Cups
- Juice Boxes that are 100% juice
- Easy Mac
- Macaroni and Cheese
- Microwavable Bowls of Pasta
- Canned Pasta
- Individual Cereal Boxes
- Oatmeal Packets
- Tuna Fish
- Crackers packaged in a sleeve, like Ritz or Saltines
- Pudding Cups
- Nutritious Cereal Bars
- Individual Raisin Boxes or Other Dried Fruit
- Small packages of peanuts
- Microwavable Containers of Soup
- Granola Bars
- Cereal Bars
- Kid-Friendly Cans of Soup - Chicken Noodle, Tomato, Alphabet, Etc.

Founded in 1983, Manna Food Center strives to end hunger in Montgomery County through education, advocacy, and food distribution. Since our founding, Manna has distributed more than 33 million pounds of food to more than 2.1 million individuals in our community. We provided food to 5% of Montgomery County residents facing the hardship hunger this past year.

For more information about Manna visit our website at [www.mannafood.org](http://www.mannafood.org).

*Thank you for your help in fighting hunger & feeding hope in  
Montgomery County!*