

# BONNEY LAKE FOOD BANK

## MOST NEEDED ITEMS

### Nutritious Foods

- High Protein
  - Canned Meats/Seafood
  - Peanut Butter
  - Grains / Rice
  - Canned or Dried Beans
  - Seeds or Nuts
- Soups / Chili / Stew
- Breakfast: Oatmeal, Breakfast Bars, Cereal
- Tomato Sauce, Canned Tomatoes
- Canned Fruits and Vegetables
- Sides

### Children's Food

- Baby Food and Formula
- Kid-Friendly Pop-Top Soup
- Microwavable items
- Breakfast Bars

### Culturally-Represented or Specialty Foods

Culturally Represented	Specialty Foods
Beans: Kidney, Lima, Pinto, White, Fava	Gluten-Free items
Lentils and Legumes	Diabetic-Friendly items: Canned Tomatoes, Legumes, Canned Salmon, Canned Chickpeas
Jasmine Rice	Senior protein drinks
Fish Sauce	Lactose-intolerant alternative drinks

### Other Needed Items

- Toiletries
- Wipes
- Dog or Cat Food