



FOOD Assistance

Wish List

Basic

Fresh fruits & vegetables

Pasta

Proteins

Canned fruits & vegetables

Grains

Cereal

Snack foods

Canned & dry soups

Juice

Dietary specialties

Baby formula

Preferred

Organic

Whole wheat or gluten-free

Dry beans, water-packed tuna, natural peanut butter, unsalted nuts

Canned in water or natural juices, low sodium, pop-tops

brown/wild rice, oats, couscous, quinoa

High fiber, vitamins, minerals

Natural fruit leather, granola bars, fruit cups

Low sodium, no MSG

100% natural juice, no artificial colors or flavors

Ensure

Enfamil Lipil with iron, Gentlease, soy-based

Sacramento Food Bank & Family Services
3333 Third Avenue, Sacramento, CA 95817

Tel (916) 456-1980 * Website: www.sacramentofoodbank.org

Donations: Monday-Friday, 8:30 am-4 pm,
Wednesdays until 7 pm.