

FeedMore WNY deeply appreciates all donations to support our Food Bank program! It is our goal to provide nutritious food to help promote the health and wellness of those we serve. The following items are most requested by the clients of our partner hunger-relief agencies.

The Food Bank &
Meals on Wheels are now

FeedMore
wny

(716) 852-1305
feedmorewny.org

Healthy Food Wish List



Fruits & Vegetables:

- Fresh Produce
- Canned Vegetables – Low or no salt added
- Canned Fruit – No sugar added, packed in 100% juice, extra light syrup
- Unsweetened apple sauce
- Dried Fruit – No sugar added
- 100% Fruit Juice

High Protein Foods:

- Canned/shelf-stable meat, poultry, fish (low sodium, packed in water)
- Canned beans (low sodium)
- Dried beans and peas
- Nuts and seeds (no added salt, sugar or oil)
- Nut Butters (no salt added)

Whole Grains:

- Brown, white or wild rice
- Whole wheat pasta
- Quinoa, barley, whole wheat couscous
- Hot Cereal – no sugar added; oatmeal, cream of wheat, grits
- Cold Cereal – low sugar, high fiber cereal
- Toasted oats, bran flakes, shredded wheat

Milk & Milk Substitutes:

- Low – Fat shelf stable, powdered or evaporated milk
- Soy Milk – unflavored
- Nut Milks – unflavored

Other:

- Cooking oils – olive, canola, avocado, safflower, grapeseed
- Canned pasta/tomato sauce or other tomato products (no salt added)
- Salsa
- Salt-free seasonings and spices

Non-food items:

- Toilet paper
- Diapers
- Personal hygiene products

Thank you for helping FeedMore WNY fight hunger!