

MOST NEEDED FOODS LIST

Utilize this list to provide the most healthful food donations for our neighbors. We are accepting food donations in large blue bins outside Manna's warehouse at 9311 Gaither Rd in Gaithersburg. Drop it off 24/7 without needing to come inside. For more information, visit <https://www.mannafood.org/>



Grains

- Instant oatmeal packets, original flavor
- Brown rice (16 oz)
- Whole grain pasta (16 oz)

Protein

- Tuna, Salmon or Chicken, in water
- Dry or canned beans (low sodium)
- Natural nut butters

Fruits & Vegetables

- Canned vegetables (low-sodium)
- Canned fruit (in juice)
- Fruit cups

Other Healthy Items

- Shelf-stable, individual milk boxes
- Cooking oils & spices
- Infant formula & baby foods