

**DECEMBER 11-16, 2017**

# STUFF THE BUS



## **SAN DIEGO FOOD BANK SHOPPING LIST OF MOST NEEDED ITEMS:**

- ☐ Canned meats (tuna in water or chicken)
- ☐ Dry or canned beans (black, pinto, kidney/low sodium)
- ☐ Cereal (low sugar, whole grain or bran)
- ☐ Rice (brown or wild)
- ☐ Nuts and seeds (unsalted almonds, flax seeds)
- ☐ Peanut butter (no sugar added)
- ☐ Canned soup (low sodium, low fat)
- ☐ Canned fruit (packed in its own juice) or dried fruit
- ☐ Canned vegetables (low sodium or no salt added)
- ☐ Powdered milk (low or non-fat)
- ☐ Pasta (whole grain)
- ☐ Infant formula

*We cannot accept any glass containers or homemade foods.*  
For more information, visit **[sdmts.com/StufftheBus](http://sdmts.com/StufftheBus)**



**NORTH COUNTY  
TRANSIT DISTRICT**

