

FEEDING THE 5K

Thanks for your interest in Feeding the 5K. Here is the full list of food items we are collecting to give out to those in our community that need it.

* Feeding the 5K is a ministry of Fresh Start Church.

- * Canned tuna, chicken and salmon
- * Canned veggies (low sodium)
- * Cooking oils
- * Shelf-stable milk
- * Pancake mix and syrup
- * Peanut butter and jelly
- * Canned fruits in juice or light syrup
- * Fruit Juice 100%
- * Soups
 - * Chicken Noodle
 - * Chicken and rice
 - * Beef Vegetable
 - * Minestrone
 - * Split pea
 - * Lentil

- * Ready to eat canned meals
 - * Chili w/beans, chicken and beef
 - * Ravioli (cheese, beef)
 - * Chicken w/rice & veg
 - * Spaghetti & meatballs
- * Hot Cereals
 - * Oatmeal
 - * Steel-cut oats
 - * Farina
 - * Muesli
- * Assorted snacks for kids

Cold Cereals

- * Toasted O's/Honey Nut, Bran and Corn Flakes, Wheat/Brown Rice, Grape-Nuts, Special K, Fiber One, Kashi Cereals, Cascadian Farms Cereals

Other Staples

- * Rice
- * Beans
- * Pasta (consider whole grain)
- * Pasta Sauce
- * Alfredo Sauce
- * Muffin, cookie cake, and bread mixes

NOTES:

**Please select cereals with whole grains listed as one of the first ingredients on the label. Less than 10g sugar per serving. 3-5g fiber per serving. 5g or more of protein per serving

** Please look for low sodium options of 140 mg or less per serving or 5% daily value (DV) or less per serving