



MOST NEEDED FOOD ITEMS

We aim to provide the healthiest food items possible for our kids (for example, whole grain over refined white flour). Pop-top lids are best for our kids, too. No glass containers or oversized items, please! Thank you!

Breakfast

- Whole grain breakfast/granola bars
- Mini boxes of cereal (1 oz. size, avoid sugary cereal)
- Instant oatmeal packets (left in their original box)



Main Dishes

- Cans of tuna or chicken
- 1 lb. bags of rice and beans (black, pinto, chickpeas, and lentils)
- Low-sodium soup in kid-friendly flavors
- Individual cups of macaroni & cheese
- 1 lb. boxes of spaghetti noodles
- Cans of spaghetti sauce (15 oz. or smaller; no glass or jars please!)



Snacks, Sides, & Drinks

- Graham, saltine, or whole-grain crackers
- Individually packaged raisins, nuts, or trail mix
- Low-sugar, 100% juice, multi-pack juice boxes
- Shelf-stable, multi-pack milk boxes
- Peanut butter (plastic 14oz. or smaller jar)
- Fruit snacks made with real fruit
- Non-perishable fruit/applesauce cups or cans, not in syrup



Produce

- We love to give out fresh fruits and vegetables!
- Please donate produce on Tuesdays or Wednesdays so we can ensure distribution while it's fresh.



TABLE • 209 E. Main St. Carrboro, NC 27510
919-636-4860 • info@tablenc.org • www.tablenc.org
Follow us: TABLENC   TABLE_NC 