

# FREDERICKSBURG REGIONAL FOOD BANK

Locust Grove • Stafford • Caroline  
Spotsylvania • King George • the  
City of Fredericksburg

MEMBER OF  
**FEEDING**  
AMERICA



## Most NEEDED Items

Today more than 900,000 people are living in poverty in Virginia;  
36,000 of which live right here in our community.



**Canned Proteins**  
Canned Tuna, Chicken



**Canned Fruits**  
In light syrup or its own juices



**Proteins**  
Peanut & Nut  
Butters



**Canned Vegetables**  
Low sodium or no salt  
added



**Dry Beans**  
Pinto, Red, Black or Kidney



**Breakfast Foods**  
Cereal or pancake mix



**Grains**  
Brown & white rice,  
Macaroni & cheese  
Pasta and Quinoa



**Hygiene Items**  
Deodorant for men & women,  
Soap and body wash, toothpaste,  
shampoo, baby wipes



**Paper Products**  
Paper towels, toilet  
paper, facial tissue



[www.fredfood.org](http://www.fredfood.org)

## Providing Food & Hope

Together We Can Fight Hunger