

These are helpful food items for Bethesda Cares, sorted with the most needed at the top:

- Nutrigrain bars/ soft, easytochew meal bars
- 8oz. bottles of water
- Containers of Kool Aid powder
- Hot sauce, ketchup bottles, and spices
- Packets of oatmeal
- Jars of peanut butter
- Microwavable or poptop cans of chef boyardee, beef chili, beef stews (e.g. Chunky brand)
- Pop tarts
- Instant rice (flavored or unflavored)
- Canned carrots
- Canned corn
- Applesauce/fruit cocktail (in jars/cans, singleserve cups, and squeeze packs)
- Splenda
- Sugar in packets
- Ground coffee
- Canned yams
- Canned peas
- Tomato sauce
- Dry spaghetti
- Canned chicken noodle soup (poptop preferred)
- Microwave bowls of mac n cheese
- Boxed mac n cheese