

Most Needed Items

Virginia Peninsula Foodbank is creating access to good, healthy food in the communities we serve, and we couldn't do it without your generosity. Our new healthy initiative program ensures that we procure the healthiest and most nutritious foods available for our neighbors experiencing fears of food insecurity.

Unfortunately, many low-income Virginians suffer from health conditions such as diabetes, high blood pressure, and other diet-related illnesses. Ensuring access to healthy foods helps mitigate these health conditions. When you choose items from our most needed items below, please know that you are contributing to the health and wellness of the neighbors we serve, and we thank you.

**Please, no glass containers.*

***We prefer high-fiber, low-sugar, low-sodium, and in 100% juice or water.*

- **Canned meats** (tuna, salmon, chicken, corned beef, Spam)
- **Canned vegetables** (string beans, butter beans, carrots, potatoes)
- **Canned fruits** (light syrup, less sugar, all-natural, or in own juice)
- **Canned or dry beans** (baked, pinto, kidney)
- **Hearty meaty soups**
- **Spaghetti/pasta**
- **Hot and cold cereal**
- **Peanut butter & jelly**
- **Herbs/spices**
- **Instant potatoes**
- **Brown and white rice**
- **100% fruit/vegetable juices**
- **Healthy snacks** (granola bars)
- **Condiments** (soy sauce, ketchup, mustard, mayonnaise, etc.)
- **Kitchen Essentials** (flour, sugar, cooking oil, etc.)
- **Baby food & formula**

Other Items:

- **Paper products**
- **Hygiene items**



Due to the increase in gasoline cost, we are requesting donations of 20 to 300 items be delivered to:

Virginia Peninsula Foodbank
2401 Aluminum Avenue
Hampton, Virginia 23661
Monday – Friday 8:00 a.m. to 4:30 p.m.

We appreciate your understanding, and please know that the additional savings will help provide more meals for our neighbors reaching out for help.

If you have more than 300 items, please email cbosco@hrfoodbank.org to coordinate a pickup