

# 10 MOST WANTED FOOD ITEMS

- 1 Canned Fish & Poultry
- 2 Canned Fruit & Vegetables
- 3 Canned Stew, Chili, Brown Beans
- 4 Baby Food
- 5 Whole Grain/Whole Wheat Pasta
- 6 Peanut Butter (Light)
- 7 Rice
- 8 Canned Spaghetti Sauce or Tomatoes
- 9 Cereal
- 10 Canned Soup

WINNIPEG  
**HARVEST** INC.

*Fighting Hunger and Feeding Hope*

Call 982-FOOD  
[www.winnipegharvest.org](http://www.winnipegharvest.org)