



Urban Portland

MOST WANTED ITEMS LIST

Please consider donating these high demand items to maximize the impact for our neighbors!

Low sodium foods

**must be under 140 mg of sodium*

soups

canned vegetables

prepared foods

Low/no sugar added foods

canned fruit

snacks

Gluten-free foods

Nut butters

peanut alternatives

Canned tuna or meat

Rice and Grains

Cans or cartons of soup

Breakfast items

