



MOST NEEDED FOOD ITEMS



We aim to provide healthy and quality food for our kids. Please see our updated nutrition guidelines. No oversized items or glass containers please!

PRODUCE

- It is so important that we provide our kids with fresh fruits and vegetables! Please donate on Tuesdays or Wednesdays so we can distribute while fresh!

BREAKFAST

- Whole grain breakfast/granola bars with protein
- Instant oatmeal packets (left in original box) (see sugar guidelines above)
- Individual cereal cups (see sugar guidelines above)

MAIN DISHES

- Cans of tuna or chicken
- 1 lb. bags of long grain or brown rice
- 1 lb. bags of beans (black, pinto, chickpeas, and lentils)
- Soup in kid-friendly flavors (see sodium guidelines above)
- Individual cups of macaroni & cheese
- 1 lb. boxes of whole grain spaghetti noodles
- Cans of spaghetti sauce (15 oz. or smaller; no glass please!)

SNACKS, SIDES AND DRINKS

- Individually packaged raisins, nuts, or trail mix (see sugar guidelines above)
- Graham, saltine, or whole-grain crackers
- 100% juice - multi-pack juice box size
- Shelf-stable, multi-pack milk boxes
- Peanut butter (plastic 14 oz. or smaller jar)
- Non-perishable fruit/applesauce cups or cans, in water not in syrup, no added sugar
- Squeezable pouches (such as GoGo Squeeze) of fruits, veggies, & shelf-stable yogurt

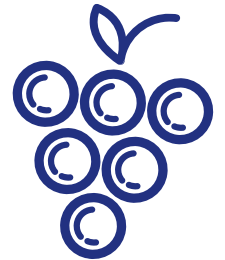
NEW Food Guidelines

(per serving):

- 7g or less of added sugar
- 600mg or less of sodium
- 4g or less of saturated fat

Find us at:

209 E. Main St.
Carrboro
(919) 636-4860
tablenc.org



After Hours Donation

Drop-offs:

Coronato Pizza
101 Two Hills Rd. #140

Carrboro Pizza Oven
200 N. Greensboro St.

Hickory Tavern
370-110 E. Main St.

