Most Needed Items

While we at the Foodbank of Southeastern Virginia and the Eastern Shore work to respond and assess the extent of the need, you can help by donating the most needed items. Your efforts make an enormous difference in the amount and variety of foods we are able to distribute to our neighbors.

Lean Canned Protein
- Tuna
- Sardines
- Chicken
- Turkey
- Peanut butter
- Beans

Fruits & Vegetables
- Canned fruits
- Canned vegetables
- Pasta sauce
- 100% fruit juice

Whole Grains
- Cereal / oatmeal
- Pasta
- Rice
- Crackers
- Granola bars
- Pancake mix

Meals
- Soups / stews / chili
- Boxed meals
- Canned pasta

Condiments
- Ketchup / mustard
- Salad dressing
- Syrup
- Jelly

Kitchen Essentials
- Flour
- Cooking oil
- Herbs / spices

Personal Hygiene Products
- Adult diapers
- Shampoo / conditioner
- Body wash / soap
- Toilet paper
- Toothbrush / toothpaste
- Deodorant
- Feminine hygiene items

Baby Products
- Formula
- Baby food
- Diapers
- Wipes

Remember
- Low fat, low sodium, and low sugar products preferred
- Non-perishable food
- Non-breakable containers
- Nutritional labels intact
- Product is good 6 months past the Best / Sell / Use By Date