

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 Protein (Chicken, Spam, Tuna, Vienna Sausage, Potted Meat)**
- **Canned Vegetables (String Beans, Peas, Carrots, Corn)**
- **Canned/Dried Beans (Pinto, Navy, Kidney, Baked)**
- **Canned Fruit, Fruit Cups, Applesauce**
- **Peanut Butter & Jelly**
- **Hearty Soups**
- **Pasta Sauces (Alfredo, Tomato)**
- **Pasta (Traditional, Whole Wheat, Rice)**
- **Rice (White & Brown; Boxed, Regular, Microwaveable Packs)**
- **Mac & Cheese**
- **Cornbread/Biscuit Mixes, Tortillas**
- **Cereal, Oatmeal, Pancake Mix**
- **Boxed/Instant Potatoes**
- **Ready-to-Eat Meals/Boxed Meal Kits**
- **Canned Pop-Top Meals**
- **Condiments (Ketchup, Mayo, Mustard, Syrup, Soy Sauce, BBQ Sauce)**
- **Baby Food & Formula**

Due to the increase in costs, 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 300+ items or 4+ large boxes, please email cbosco@hrfoodbank.org to coordinate a pickup