



Protein < 479 mg sodium, <11 g added sugar

Snacks < 140 mg sodium, < 6 g added sugar

THE BEST FOODS TO DONATE TO



Whole Grains < 479 mg sodium, < 11 g added sugar

FREDERICKSBURG REGIONAL FOOD BANK



Mixed Dishes < 599 mg sodium, < 11 g added sugar

Vegetables and Fruit < 479 mg sodium, < 11 g added sugar