

Issaquah Food Bank Priority Needs List

We kindly ask for only unopened, unexpired items from this list.

The list changes as our need for items changes. *(Updated May 21, 2026.)*

- Canned proteins (in order of need): Spam, Chicken, Tuna Salmon, Roast Beef, Sardines
- White & Brown Rice (2 lb bags only, please)
- Pasta Sauce
- Canned Pasta
- Chili
- Ensure (Chocolate or Vanilla preferred)
- Hamburger Helper / Pasta Roni / Rice a Roni
- Canned Black Beans/White Beans/Refried Beans
- Pasta
- Gluten free items – all kinds – pasta, soup, snacks, etc.
- Ramen
- Protein Bars (Protein Kind Bars, Protein Clif Bars, etc.)
- Cereal/Oatmeal
- Peanut Butter (16 oz jars preferred)
- Hearty Soup (Progresso, Campbell's Chunky, etc.)
- Canned Fruit & Vegetables
- Mac n Cheese
- Cooking oil (16-20 oz bottles only please)
- Coffee (ground preferred, not decaf)
- Pancake Mix (regular and gluten free)
- Diapers – sizes 4, 5, 6, 7; Pull-Ups – sizes 3T-4T & 5T-6T
- Baby Wipes
- Toilet Paper (4 packs preferred)
- Feminine pads & Tampons
- Incontinence briefs (briefs only please), Male/Female all sizes