



Food items needed (No glass jars, please):

1. Canned fruits in natural juice or light syrup (peaches, pears, fruit cocktail)
2. Dried fruit (raisins, apricots, cranberries, banana chips)
3. Applesauce
4. Canned tuna, salmon, and chicken
5. Canned meals (beef stew, chili, etc.)
6. Canned pasta meals (ravioli, etc.)
7. Canned or dried beans (black, kidney, navy, garbanzo, white)
8. Lentils
9. Nuts and seeds (almonds, peanuts, walnuts, pecans, sunflower seeds)
10. Peanut Butter
11. Chunky soups with meat
12. Canned vegetables (peas, carrots, mixed vegetables, potatoes, tomatoes, green beans, corn)
13. Rice
14. Whole grain (pasta, crackers)
15. Whole grain cereal
16. Oatmeal
17. Breakfast or granola bars
18. Pancake mix and syrup
19. Muffin mix
20. Stuffing mix
21. Soups (all kinds)
22. Spaghetti sauce (plastic or cans)
23. Meal mixes (tuna or hamburger helper, sloppy joe mix, macaroni and cheese, mashed potatoes)