

***Suggested* Food Items**

Canned Meats

Tuna Fish, Chicken
Vienna Sausages, Corned Beef
Ham, Spam
Beef Stew, Hormel Chili
Pink/Red Salmon

Rice & Grains

White Rice, Brown Rice
Jasmine Rice
Instant Rice
Rice Pilaf
Quinoa, Couscous

Easy Meals

Hamburger/Chicken Helper
Pasta Sides (assorted), Pasta Roni,
Chef Boyardee, Taco Kits
Mac n Cheese
Scalloped Potatoes
Instant Mashed Potatoes

Fruits

Canned Fruits (all kinds)

- Peaches, Pineapple,
- Applesauce, Pears,
- Mandarin Oranges
- Cherries

Dried Fruits

Seasonings/Condiments/Spices

Salt, Black Pepper, Sugar, Adobo,
Oregano, Parsley, Paprika, Garlic Powder, etc.
Bread Crumbs, Chicken & Beef Broth,
Sugar, Honey, Cinnamon (all other baking
spices)

Canned/Jar Vegetables

Corn, Green Beans, Peas, Carrots & Peas
Beets, mushrooms, sauerkraut, olives,
spinach, carrots, potatoes, sweet potatoes

Beans (Canned/Dry)

Pinto Beans, Kidney Beans, Black Beans,
Lentils, Garbanzo (Chick Peas), White Beans,
Cannelli Beans, Lima beans, split peas, baked
beans, black-eye peas, Vegetarian beans

Breakfast Items

Breakfast Cereals (all kinds)
Instant Grits, Instant Oat Meal, Cream of Wheat
Pancake Mix & Pancake Syrup
Corn Meal Mix, Steel Cut Oats

Snacks

Protein Bars
Popcorn / Rice Cakes
Graham Crackers
Jello / Pudding Mix
Croutons, Corn Bread Mix
Cake or Cookie Mix

Personal Items

Shampoo / Conditioner
Toothpaste / Toothbrushes / Mouth Wash
Body Wash / Bar Soaps
Deodorant / Feminine Products
Body Lotion / Hand Sanitizers
Shaving Blades / Shaving Cream

Soups

Canned & Boxed Soups (all kinds)
Ramen Soups, Maruchan Instant
Soups

Pasta

Assorted pastas (boxed/bag),
Mac n Cheese
Noodles (all types)

Sauces/Spreads

Spaghetti Sauce
Gravy (chicken, beef, turkey)
Ketchup, Mustard, Mayonnaise
Jelly (assorted)
Peanut Butter
Salad Dressings

Beverages

Assorted Teas (hot/iced)
Coffee / Instant Coffee
Fruit Juices, Boxed Juices
Boxed Milk, Canned Milk

Household Items

Toilet Paper / Paper Towels
Clothes Detergent / Dish
Detergent
Sponges / Cleaning Cloths
Bathroom & Kitchen Cleaning Aids