

Suggested Food Items

Canned Meats

Tuna Fish, Chicken
Vienna Sausages, Corned Beef
Ham, Spam, Beef Stew, 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

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
Mixed Veggies
Beets, Sauerkraut, Spinach
Mushrooms, Olives
Potatoes, Sweet Potatoes/Yams

Beans (Canned/Dry)

Pinto Beans, Black Beans,
Lentils, Garbanzo (Chickpeas)
White Beans/Cannellini Beans
Kidney Beans, Lima Beans,
Baked Beans, Vegetarian Beans
Split Peas, Black-Eye Peas

Breakfast Items

Cereals (All Kinds)
Instant Grits, Instant Oatmeal
Cream of Wheat
Pancake Mix & Pancake Syrup
Corn Meal Mix, Steel-Cut Oats

Snacks

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

Soups

Canned & Boxed Soups (All Kinds)
Ramen Noodle 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

Personal Items

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

Household Items

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