



DESIRED ITEMS

MOST NEEDED ITEMS:

FRUITS & VEGETABLES

- Canned fruits and vegetables
- Canned or boxed juices
- Boxed mashed potatoes
- Dried fruit

PROTEINS

- Peanut Butter
- Canned meat (ham, chicken, tuna, etc.)
- Hearty soups (chili, stews, etc.)
- Macaroni and cheese
- Boxed dinners
- Beans (kidney, pinto, navy, black, refried, etc.)

GRAINS

- Pasta
- Rice
- Healthy cereals (low sugar and fat)
- Flour
- Baking mixes
- Stuffing mixes
- Oatmeal
- Cream of wheat

