



PANTRY WISH LIST

PROTEIN	GRAINS
Canned tuna or salmon Canned chicken, ham turkey Chili Soup Canned or dried beans (lentils, baked, kidney, pinto, chick peas, etc.) Peanut Butter Nuts – mixed, almonds (unsalted/raw) Sunflower seeds Protein bars	Rice (brown) Pasta (whole wheat) Stuffing Macaroni and Cheese Hamburger / Tuna Helper Crackers (whole grain, low sodium) Granola bars Hot cereal (oatmeal, cream of wheat) Cold cereal (unsweetened) Infant cereal
VEGETABLES	FRUIT
Corn Green beans Peas Carrots Mushrooms Tomato products (pasta sauce) Potatoes (canned, box or pkg.)	Unsweetened applesauce Peaches Pears Pineapple Fruit Cocktail Raisins Jelly
MILK	
Shelf Stable Milk Canned Evaporated Milk (1% or Skim) Powdered Milk Soy, Almond or Rice Beverage (Tetra Packed) Infant Formula	

- * We strive to provide the best quality and nutritionally-balanced foods we can; please help us by buying low-sugar, low-fat, and low sodium foods.
- * We serve individuals as well as families; please buy smaller sizes for Needs inc. to distribute to any size home.

Thank You