

## Protein Foods: Meat, Poultry, Fish, Dry Beans, and Nuts

- canned tuna
- canned chicken
- canned beef stews
- canned salmon
- bean soups
- canned or dried beans
- baked beans
- canned chili
- peanut butter
- Canned nuts

## Grains: Bread, Cereal, Rice, and Pasta

- rice and rice mixes
- canned pastas
- noodle mixes
- dry noodles and pastas
- macaroni and cheese mix
- cold cereals
- bran cereal
- shredded wheat
- infant cereal
- hot cereal mixes
- oatmeal
- bread, muffin, and pancake mixes
- whole-grain crackers
- granola bars
- graham crackers
- Flour
- Bread

## Dairy: Milk, Yogurt, and Cheese

- infant formula
- nonfat dry milk
- evaporated milk
- instant breakfast drinks
- shelf-stable (UHT) milk (small boxes)
- Canned & boxed pudding
- sugar
- mayonnaise

## Vegetables

- canned vegetables
- vegetable soup
- canned tomato products
- spaghetti sauce
- baby-food vegetables
- V-8 juice

## Fruits

- canned fruit
- raisins
- applesauce
- dried fruits
- baby-food fruit
- fruit leather (100% fruit)
- Canned and boxed 100% juice

## Oils and Condiments

- vegetable oil
- salad dressing
- syrup
- jelly and jam
- Honey

*Suggested food items to donate to the Food Pantry*