

Food Drive Shopping List

Fruits

Canned mixed fruits (in light syrup)
Canned pineapple (in light syrup)
Canned peaches and pears (in light syrup)
Individual servings of applesauce or fruit
100% fruit juices
Raisins and Prunes

Soups

Low sodium canned soups

Vegetables

Mixed vegetables
Pinto beans
Baked beans
Canned or stewed tomatoes
Canned beets
Canned green beans
Canned peas
Canned corn
Canned carrots
Canned spinach

Protein

Canned tuna (in water)
Canned salmon (in water)
Canned chicken
Peanut butter
Canned nuts (no salt added)
Trail mix
Nutrition shakes
Protein bars

Grains

Rice
Instant oatmeal
Cream of wheat
Pasta
Dry cereals
Crackers
Graham crackers
Muffin and bread mixes

Dairy

Evaporated milk
Nonfat dry milk
Nondairy creamer

*** We cannot accept fresh produce**