



## Needed Items

### Fruits and Vegetables:

- Canned soups—vegetarian
- Canned fruits or vegetables
- Canned or Instant potatoes
- Vegetable broth
- Dried fruit
- Fruit and Vegetable Juices

### Grains:

- Dry cereal (boxed or bagged)
- Dried oats / Instant Oatmeal
- Cream of Wheat, Malt-O-Meal, or grits
- Dried pasta (spaghetti, macaroni noodle etc)
- Baking mixes (pancakes, cornbread, muffins, biscuits, breads, Bisquick, etc)
- Dried rice or seasoned rice mixes
- Dried or instant quinoa

### Beans, Legumes, Nuts:

- Garbanzo bean/chick peas
- Dried/Canned Lentils
- Kidney or Black beans
- Soy Products (shelf-stable tofu, canned soybeans, or soy milk)
- Nuts (peanuts, almonds, walnuts, pistachios, cashews, etc.)
- Peanut or other nut butters
- Seeds (pumpkin, sunflower, sesame)

### Meat, Poultry, Fish, Protein:

- Canned or packaged salmon, chicken or turkey
- Jerky (beef, turkey, etc.)
- Canned or boxed beef or chicken broth

### Dairy:

- Almond milk
- Rice milk
- Boxed, evaporated or powdered milk

### Fats, Oils, and Sweets:

- Jarred jams, jellies, or preserves
- Oils for cooking (canola, olive, vegetable)
- Jarred salad dressing
- Syrup

Keep in mind that  
bigger is not always better.

Single portion-sized packaging  
is preferred.