

COMET CUPBOARD



URGENTLY NEEDED ITEMS



DAIRY

Milk Products: Almond, Rice,
Soy, Oat, Dairy
Boxed or Canned Evaporated
Milk
Powered Milk

CONDIMENTS/OILS

Cooking Oil/Sprays: Vegetable, Canola,
Olive
Salad Dressing: Assorted Varieties
Jarred Jellies, Jams and Preserves
Condiments/Sauces: Ketchup, Mustard,
Mayonnaise
Pasta Sauce, Alfredo Sauce

MEAT/POULTRY/FISH

Canned or Packaged
Salmon, Chicken or Turkey

NUTS/BEANS/ LEGUMES

Beans: Kidney, Black,
Garbanzo/Chickpeas
Dried or Canned Lentils
Nut Butter: Peanut, Almond, etc.
Nut and Seeds: Walnuts,
Peanuts, Pumpkins, Sunflower,
etc.

DRY GRAINS

Assorted Cereals
Oats: Instant and Old-fashion
Cream of Wheat, Malt-o-Meal,
Grits
Dried Pasta
Instant Noodles; Cups and
Packs
Instant Rice: Cups and Packs
Quinoa
Rice: White and Brown

