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

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