

## Requested Non-Perishable Food Items

1. Canned Beans
2. Dry Beans (16 oz)
3. Peanut Butter, or other nut butters (Almond)
4. Jams and Jellies
5. Rolled Oats
6. Canned fruit in juice, NOT in light or heavy syrup (14.5 oz)
7. Canned vegetables, with no or low-sodium (15 oz)
8. Canned Meat
9. Pop-Top Canned Meals (Ravioli, Chili, etc.)
10. Low-sodium Soups (12 oz)
11. Canned Tuna in water
12. Canned Chicken
13. Rice (16 oz)
14. Nuts, unsalted
15. Shelf stable milk (32oz)
16. Powdered Milk (25.6 oz)
17. Whole Grain Pasta (16 oz)
18. Pasta Sauces (26.5 oz)
19. Canned Stews
20. Unsweetened apple sauce
21. Whole grain, low-sugar cereals
22. Olive or Canola Oil
23. Canned tomatoes
24. Dried fruits, no sugar added
25. Honey
26. Chicken, Beef and Vegetable broths/stock.
27. Grits/Oatmeal
28. Ramen Noodles
29. Protein Bars/Granola
30. 100% Fruit Juice Drinks (NO corn syrup)

### Additional tips:

- Family sized cans are the best when applicable
- Canned goods with pop-top lids are better than canned goods that require a can opener
- Avoid foods packaged in glass.
- Do not donate foods that are past the expiration date.
- Avoid Macaroni and cheese boxes that require milk to be added (Kraft blue box)
- Home made or Home canned items cannot be accepted
- Large industrial size cans (No. 10 size) cannot be accepted