

Father's Cupboard

List of Non-Perishable Foods

2 jars of spaghetti sauce (1.5 lb jars each)

Spaghetti noodles or macaroni (2 one-lb. boxes) (regular, not wheat)

3 cans of chick peas or black beans or pinto beans (15 oz. each)

3 cans green beans (15 oz. each) (no salt, if possible)

3 cans of corn (15 oz. each) (no salt, if possible)

3 cans of white potatoes (15 oz. each)

4 cans of tuna fish

1 Small jar mayonnaise

1 Box of cereal (not sugary)

1 Peanut butter

1 Grape or strawberry jelly

1 pkg. Apple juice boxes

1 pkg. Apple sauce

Cookies/pretzels (optional) or any "fun" food (for families with kids)

*Toiletries (toilet paper, paper towels, etc.)