



### **CANNED MEAT**

Tuna fish  
Chicken  
Salmon  
Canned ham  
Spam  
Other canned meat

### **CANNED VEGETABLES**

Whole kernel corn  
Cream style corn  
Green beans (any)  
Other canned beans  
Peas  
Carrots  
Sweet Potatoes  
Potatoes  
Other Vegetables

### **CANNED or JARRED**

Pears  
Peaches  
Applesauce  
Fruit Cocktail  
Soup  
Tomato Sauces  
Pasta Sauces  
Cooking oil  
Salad Dressing  
Baby food/formula  
Peanut Butter  
Jelly  
Beanie Weenie  
Stuffing  
Mashed Potatoes  
Other canned fruits

### **BREAKFAST ITEMS**

Cereal (hot and cold)  
Granola/Breakfast Bar  
Oatmeal  
Poptarts  
Syrup

### **SOUP/SAUCE**

Canned soup  
Dried soup mix  
Gravy jar/can  
Gravy dry mix  
Spaghetti Sauce  
Salad Dressing  
Chili

### **DESSERT ITEMS**

Cake Mix  
Frosting  
Pudding (ready to eat)  
Jello (ready to eat)  
Pudding dry mix  
Jello dry mix

### **CONDIMENTS**

Hot Sauce  
Mayonaise  
Mustard  
Ketchup  
Parmesan cheese  
Others

### **SPICES**

Garlic Powder  
Italian Spice mix  
Adobo  
Sazon  
Other spices

### **BEVERAGES**

Kool Aid mix  
Fruit Juice  
Tea  
Lemonade  
Powdered Milk

### **DRY GOODS**

Rice (white and brown)  
Noodles  
Rice Mixes  
Coffee  
Beans  
Tea  
Flour  
Corn meal  
Sugar  
Pancake Mix  
Crackers  
Mixed nuts  
Cookie  
Sugar substitutes  
Low/no salt items  
Low/no sugar items

### **PASTA**

Macaroni and Cheese  
Dried Pasta  
Ravioli, Spaghettios, etc.  
Other pasta items

### **TOILETRIES**

Shampoo and conditioner  
Diapers  
Feminine Hygiene Products  
Baby Wipes  
Toilet tissue  
Disposable razors  
Kleenex  
Soap  
Toothpaste/Toothbrush  
Deodorant  
Lotion  
Floss  
Chapstick