

## Suggested Items for Food Drives

**PLEASE NO GLASS CONTAINERS – PLASTIC AND CANS ONLY!**

### **Protein**

- Canned or vacuum packed meats/fish - tuna, salmon, chicken, turkey, ham
- Boxed macaroni & cheese
- Canned: stews, chili, hash
- Canned: beans (kidney, pinto, black, chickpeas, pigeon peas, etc)
- Canned pork & beans/baked bean
- Refried beans
- New, unopened jars of Peanut Butter
- Dry beans, lentils, split peas
- Dried meats

### **Grains**

- Cereals, Hot and Cold (low sugar)
- grits
- Pasta: macaroni, noodles (including ramen), spaghetti
- Rice: instant and dinners
- Breakfast/granola bars
- Tortillas

### **Fruits and Vegetables**

- Canned Fruits,
- Canned Vegetables, beans
- “snack size” fruit cups
- 100% fruit juices – plastic bottles or juice boxes
- Tomato Products: canned tomatoes, tomato sauce, tomato paste
- Canned or instant Potatoes - plain and flavored
- Salsa

### **Staples**

- Tea bags, coffee
- Flour,
- Sugar,
- Corn meal
- Spices (basic)
- Vegetable oil (preferably canola or safflower – no peanut oil or solid shortening)
- Baking mixes: Biscuits, Muffin, cake and pancake
- Beverages: hot chocolate, coffee, , tea
- Canned, chunky soups
- Dry soups
- Pancake syrup
- Dry and evaporated milk, shelf stable milk (Parmalat)
- Hot chocolate mix
- New, unopened jars of Jelly
- Canned pasta sauces
- Condiments such as ketchup, mustard, pickle relish, BBQ sauce, salad dressing, mayonnaise, olives

### **Snacks**

- Pudding, gelatin & fruit cups
- Cookies (store-bought not home-made) especially graham crackers, fig/fruit bars, oatmeal, vanilla wafers, ginger snaps,
- Trail mix
- Crackers
- Velveeta

### **Items to avoid:**

- Sugary or very salty snacks
- Soda
- Candy
- “gourmet” items
- Items requiring complicated preparation

