



FOOD DRIVE

Suggested Shopping List

FRUITS

Canned Mixed Fruit
(packed in light syrup)
Canned Pineapple
(packed in light syrup)
Canned Peaches and Pears
(packed in light syrup)
Individual servings of
packaged fruit or applesauce
100% Fruit Juices
Raisins and Prunes

SOUPS

Low-sodium Canned Soups

VEGETABLES

Mixed Vegetables
Great Northern Beans
Pinto Beans
Baked Beans
Canned or Stewed Tomatoes
Canned Beets
Canned Green Beans
Canned Peas
Canned Corn
Canned Carrots
Canned Spinach

PROTEIN

Canned Tuna
(packed in water)
Canned Salmon
(packed in water)
Canned Chicken
Peanut Butter
Canned Nuts
(no salt added)
Trail Mix
Nutrition Shakes
Protein Bars

GRAINS

Rice
Instant Oatmeal
Cream of Wheat
Pasta
Dry Cereals
(unsweetened)
Crackers
Graham Crackers
Muffin and Bread Mixes

DAIRY

Evaporated Milk
Nonfat Dry Milk
Nondairy Creamer

***We cannot accept any fresh produce.**