

Food for Families
Suggested Canned and Other Food Items Needed

Canned Meats/Fish

Canned Meats
Canned Chicken Canned Beef Stews
Canned Ravioli; Spaghetti/Meatballs
Canned Chicken and Dumplings
Canned Soups and Chili
Canned Tuna, Salmon and Sardines

Canned Fruits and Vegetables

Canned Fruit and Applesauce
Canned Peas
Canned Corn
Canned Mixed Vegetables
Canned Tomatoes
Canned Green Beans
Canned Beets
Canned Carrots
Canned Pork and Beans
Canned Whole White Potatoes
Canned Sweet Potatoes

Dry Package Items

Instant Mashed Potatoes
Pancake Mix (Complete)
Bisquick/Baking Mix
Breakfast Cereals
Cornbread Mix
Dried Beans (Navy, Pinto, etc.)
Rice
Macaroni
Noodles/Pasta of any type
Spaghetti
Macaroni and Cheese
Oatmeal, Cream of Wheat
Graham Crackers
Saltine Crackers
Milk (powdered or canned)

Staples

Sugar
Flour
Coffee (ground and instant)