



FOOD WISH LIST

ITEMS TO DONATE

Pasta (whole grain)	Carrots
Pasta sauce (low sodium)	Celery
Canned vegetables	Potatoes
Tuna	Frozen peas
Salmon	Frozen fruit
Bread	Unsweetened apple sauce
Milk	Fruit cups (No sugar added)
Eggs	Canned turkey, ham or chicken
Canned tomatoes	Chicken & Vegetable broth (low sodium)
Rice	Cooking oil
Oatmeal	Peanut Butter
Canned chick peas	
Canned lentils	
Apples	
Onions	

HIGHLY NEEDED ITEMS

Peanut Butter
Tuna
Salmon
Canned Vegetables
Cheese (not processed)
Ground Beef

ALWAYS CHECK THE BEST BEFORE DATE