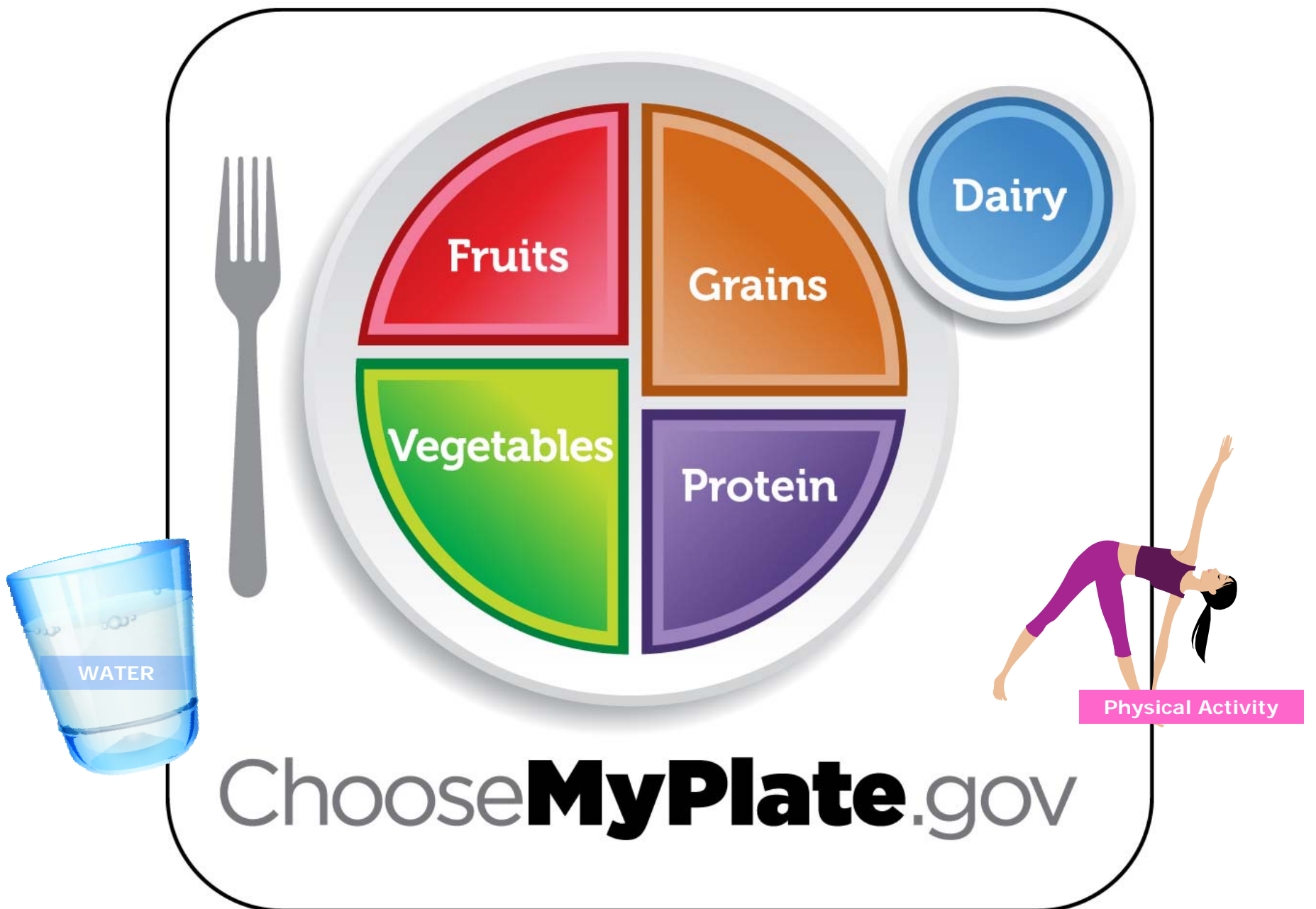







Looking for healthy donation ideas?



A person needs to eat...

6 oz. everyday	2 1/2 cups everyday	2 cups everyday	3 cups everyday	5 1/2 oz. everyday
Brown Rice White Rice Dry Macaroni, pasta or noodles Oatmeal Cold Cereal Infant Cereal White or Whole Wheat Flour Whole Grain Crackers Grits Pancake Mix Bread Mix Cream of Wheat Canned or Boxed Pasta Meals or Soups Pretzels Muffin/Cornbread Mix Boxed Rice Mixes Cornmeal Graham Crackers	Tomato Sauce & Paste Canned Yams or Pumpkins Vegetable Soup Spaghetti Sauce Canned Potatoes Baby Vegetables Tomato & V8 Juice Instant Mashed Potatoes Other Canned Vegetables: (green beans, carrots, mixed vegetables)	Raisins Baby Fruit Applesauce Dried Fruit Canned or Boxed 100% Fruit Juice Canned Pears (water/juice packed) Canned Peaches (water/juice packed) Canned Pineapples (water/juice packed) Other Canned Fruits (water/juice packed)	Nonfat Dried Milk Boxed 1% Milk Fat Free Milk Nonfat Evaporated Milk Infant Formula Canned Puddings Boxed Puddings Parmesan Cheese Romano Cheese Carnation Instant Breakfast	Nuts Beef Stew or Soup Baked Beans Canned Chili Peanut Butter Canned Beans/Peas Dried Beans and Peas Bean and Rice Mixes Canned Tuna (water packed) Canned Salmon (water packed) Canned Chicken (water packed)
				

Sparingly: Jelly, Sugar, Syrup, Preserves, Jam, Canola Oil, Olive Oil, Light Mayonnaise, Light Salad Dressing



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