

Needed Items

Breakfast Ideas

- Peanut Butter
- Jam
- Pancake Mix (add water)
- Syrup
- Cereal
- Oatmeal

Lunch

- Soups
- Crackers
- Beans
- Kraft Dinner
- Granola Bars
- Crackers
- Canned Meals (Chili, Stews, Ravioli)

Dinner

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- Rice
 - Pasta / Sauce
 - Cream Corn
 - Taco Kit / Fajita Kit
 - Canned Tuna / Salmon
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- Salad Dressing
 - Canned Means (Chili, Stews, Ravioli)
 - Canned Hams
 - Rice / Noodle dishes

Christmas Meal

- Turkey Voucher (School will work on these)
- Stove top stuffing
- Cranberry Sauce
- Boxed Mashed Potatoes
- Christmas Candies
- Shortbread cookies or sweets

Staples

- Juice
- Flour
- Sugar (white/brown)

over
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Food items MOST needed in the Food Bank to fill our Food Hampers

Canned Fruit	2,500 cans
Fish & Meat (canned)	2,800 cans
Peanut Butter	1,000 jars
Cereal	1,540 boxes
Rice	1,000 bags
Canned Meals	3,000 cans
Canned Vegetables	2,000 cans
Tomato Sauce	2,000 jars
Juice	1,000 containers
Pasta	1,500 packages

Special treats to consider:

Stuffing Mix
Candy or Chocolates
Jam
Coffee or Tea
Condiments such as ketchup and mayonnaise
Cooking oil

*** Please be advised that we can not use open, damaged or expired food**