# Needed Items

## Fruits and Vegetables:
- Canned soups—vegetarian
- Instant potatoes
- Beets
- Artichokes
- Vegetable broth
- Canned, jarred or packaged fruit
- Dried fruit
- Fruit and Vegetable Juices

## Beans, Legumes, Nuts:
- Garbanzo bean/chick peas
- Dried/Canned Lentils
- Kidney or Black beans
- Soy Products (shelf-stable tofu, canned soybeans, or soy milk)
- Nuts (peanuts, almonds, walnuts, pistachios, cashews, etc.)
- Peanut or other nut butters
- Seeds (pumpkin, sunflower, sesame)

## Grains:
- Dry cereal (boxed or bagged)
- Dried oats / Instant Oatmeal
- Cream of Wheat, Malt-O-Meal, or grits
- Dried pasta (spaghetti, macaroni noodle etc)
- Baking mixes (pancakes, cornbread, muffins, biscuits, breads, Bisquick, etc)
- Dried rice or seasoned rice mixes
- Dried or instant quinoa

## Meat, Poultry, Fish, Protein:
- Canned or packaged salmon, chicken or turkey
- Jerky (beef, turkey, etc.)
- Canned or boxed beef or chicken broth

## Dairy:
- Almond milk
- Rice milk
- Boxed, evaporated or powdered milk

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Keep in mind that bigger is not always better.  

*Single portion-sized packaging is preferred.*