



romemu
seekers

HOLISTIC HEBREW SCHOOL

List of acceptable food items for donation:

Food need not be kosher certified

Vegetables

- Canned Vegetables
- Tomato Sauce
- Vegetable Soups

Fruits

- Canned Fruits (in juice or light syrup)
- Dried Fruits
- 100% Fruit Juices

Proteins

- Plain Beans-canned or dry
- Peanut Butter
- Nuts
- Canned Meat (chicken, beef, ham)
- Canned Fish (salmon, tuna, sardines)
- Canned Stews (chicken or beef)

Grains

- Rice (white, brown)
- Pasta/Spaghetti
- Dry Cereal and Hot Cereal (grits, oatmeal, farina)
- Flour/Cornmeal/Baking Mixes
- Whole Wheat Crackers
- Couscous

Dairy

- Dry Milk packets
- Shelf stable Milk
- Soy/Almond/Rice Milk

Other

- Nutritional Beverages (Boost, Ensure, Carnation Instant Breakfast)
- Spices
- Coffee/Tea
- Personal Care Items

