

Things to Consider:

Buy canned items with pop-tops many ihn need to not have access to can openers  
Items no longer in their original packaging can not be donated as it creates a food safety hazard.

Most Needed Items:

Non-Perishable

Cereal

Hearty Soups

Pasta

Canned Fruit

Cooking Oil

Canned Beans

Canned Vegetables

Dried Beans

Broth

Canned Meat

Masa

Brown Rice

Long Grain White Rice

Plain Stewed Tomatoes

Jarred Sauce

Varied Grains

Shelf-stable Alternative Milks

Shelf-stable Milk

Meat Alternatives

Peanut Butter

Dried Fruits

Ensure Protein Drinks

Crackers

Nuts

Tea and Coffee (Regular & Decaf

Oats

Jelly

Side Dishes (like Hamburger helper or mashed potatoes)