FOR FOOD BOXES:

2 cans meat

2 cans vegetables

2 cans fruit

2 cans soup

2 boxes mac & cheese or rice

1 lb. dry beans or 1 can baked beans

1 box cereal

1 box crackers

1 box pasta

1 jar pasta sauce

1 jar peanut butter

1 jar jelly

1 small bottle dish detergent

powdered milk