

## Food Items

<b>Dairy</b> UHT Milk <ul style="list-style-type: none"> <li>• nonfat dry milk (soy, almond)</li> <li>• evaporated milk</li> <li>• instant breakfast drinks</li> <li>• canned and boxed milk</li> <li>• non-diary creamer</li> </ul>	<b>Protein Foods: Meat, Poultry, Fish, Dry Beans, and Nuts</b> <ul style="list-style-type: none"> <li>• canned tuna</li> <li>• canned chicken</li> <li>• canned beef stews</li> <li>• canned salmon</li> <li>• bean soups</li> <li>• canned or dried beans</li> <li>• baked beans</li> <li>• canned chili</li> <li>• peanut butter</li> <li>• canned nuts</li> </ul>
<b>Vegetables</b> <ul style="list-style-type: none"> <li>• canned vegetables (corn, green beans, etc.)</li> <li>• vegetable soup</li> <li>• canned tomato products</li> <li>• pasta sauce</li> </ul>	<b>Fruits</b> <ul style="list-style-type: none"> <li>• canned fruit</li> <li>• raisins</li> <li>• applesauce</li> <li>• dried fruits</li> <li>• canned and boxed 100% juice</li> </ul>
<b>Grains: Cereal, Rice, and Pasta</b> <ul style="list-style-type: none"> <li>• rice and rice mixes</li> <li>• canned pastas</li> <li>• noodle mixes</li> <li>• dry noodles and pastas</li> <li>• macaroni and cheese mix</li> <li>• cold cereals</li> <li>• bran cereal</li> <li>• shredded wheat</li> <li>• hot cereal mixes</li> <li>• oatmeal</li> <li>• bread and muffin mixes</li> <li>• pancake mix</li> <li>• whole-grain crackers</li> <li>• granola bars</li> <li>• graham crackers</li> <li>• flour</li> </ul>	<b>Oils and Condiments</b> <ul style="list-style-type: none"> <li>• vegetable oil</li> <li>• salad dressing</li> <li>• syrup</li> <li>• jelly and jam</li> <li>• honey</li> <li>• sugar</li> <li>• mayonnaise</li> <li>• Dried herbs and spices</li> </ul>

## Non-Food Items

<b>Paper Products</b> <ul style="list-style-type: none"><li>• toilet paper</li><li>• paper towels</li><li>• napkins</li><li>• tissues</li></ul>	<b>Soap Products</b> <ul style="list-style-type: none"><li>• hand soap</li><li>• laundry and dish detergent</li><li>• body wash</li></ul>
<b>Personal Care Products</b> <ul style="list-style-type: none"><li>• shampoo</li><li>• toothpaste</li><li>• toothbrushes</li><li>• shaving cream</li><li>• razors</li><li>• deodorant</li><li>• feminine hygiene products</li></ul>	