ECHO SPRINGFIELD, VA

ECHO’s Food Items

- **Bag Beans** (black, red or garbanzo beans preferred)
- **Lentils**
- **Canned Fruit** (100% juice)
- **Cereal/Oatmeal** (Low sugar)
- **Can Tomatoes, Tomato paste and sauce**
- **Can Milk, Shelf Stable Milk and Hot Chocolate**
- **Snacks** (Crackers, raisins, granola bars, dry fruit, nuts, etc.)
- **Baked Beans**
- **Coffee** (Instant and Ground)
- **Honey**
- **Pancake Syrup**
- **Cooking Oil**
- **Non-Salt Spices** (cinnamon, cumin, pepper, garlic powder, onion powder)
- **Masa (Corn) Flour**
- **Sugar** (Granulated)
- **Lemon or Lime Juice**
- **Tortillas** (corn and flour)
- **Condiments** (Ketchup, Mayonnaise, Mustard)
- **Macaroni and Cheese**
- **Canned Meat** (Spam, beef stew, chili, chicken etc.)
- **Paper Bags** (Brown Grocery and Reusable)
- **Newspaper plastic sleeves**
- **Paper boxes** (that hold reams of 8 1/2 × 11 paper)