

**Protein (canned)**

Tuna  
Salmon  
Chicken  
Black Beans  
Chick Peas  
Baked Beans  
Peanut Butter  
Package of Pepperoni

**Vegetables (canned)**

Green Beans  
Corn  
Peas  
Diced Tomatoes  
Pasta Sauce  
Tomato Sauce  
SpaghettiOs/Ravioli

**Soup (Canned)**

Cream of Chicken  
Cream of Mushroom  
Tomato

**Pasta/ Rice**

Spaghetti Noodles  
Rotini, Macaroni, Penne, Spiral  
Macaroni & Cheese  
Rice- white or brown  
Couscous  
Quinoa  
Instant Potatoes or Stuffing

**Misc Items**

Jelly  
Cereal  
Breakfast items  
Baking Items including cake and  
Brownie Mixes  
Gravy/ Broth  
Bottle of Juice  
Snack Items including granola Bars,  
Chips, /cookies,