

Items Needed

Cereal (Hot / Cold)	Canned Pasta Sauce
Peanut Butter	Canned Tomatoes
Beef Stew	Baked Beans
Canned Soups (add water)	Canned Beans
Large Canned Soups	Rice
Stuffing Mix	Canned Fruit
Canned Meats (chicken/ham)	Canned Vegetables (peas/carrots/potatoes/mixed veggies, etc.)
Tuna Fish (cans or pouches)	Pancake Mix / Syrup
Mac-N-Cheese	Coffee / Tea