

# Project Mexico & St. Innocent Orphanage



*Building Hope for Boys Without Families and Families Without Homes*

## ~ FALL NEEDS LIST ~

### Food Needs:

- Cereal (low sugar)
- Oatmeal
- Cream of wheat
- Granola
- Pancake Mix
- Honey
- Canned Corn
- Pinto beans
- Black Beans
- Rice (white)
- Canned fruit
- Chickpeas/  
Garbanzo Beans
- Spices  
(Garlic, Pepper &  
Salt)
- Chicken  
Bouillon(Knorr,  
Chicken broth)
- Flour
- Spaghetti
- Spaghetti sauce
- Tomato puree
- Dry fruit  
(Banana,  
Pineapple,  
Almonds,  
Cranberries)
- Olive Oil
- **Canola Oil\*\***
- Cooking Spray
- Mayonnaise
- Ketchup
- Clamato
- Canned Soups  
(Mushroom, clam,  
corn)
- Olive oil
- Cooking spray
- Sugar
- Jam
- Yeast
- Gatorade
- Nestea/Minute  
maid
- Nesquick  
(Chocolate Milk  
Mix)
- Jalapenos
- Canned Tuna,  
Salmon, Chicken &  
Albacore
- Popsicles (Otter  
Pops)
- Almond Milk  
(Boxed)
- Granola bars
- Coffee (Ground)
- Hot Chocolate
- Brown Sugar
- Bottled Water
- Dole Fruit for  
lunches

### Miscellaneous:

- Auto Oil 5W-30
- Windshield Wiper  
Fluid
- Blue Paper Towels  
(for cars)
- Batteries  
(AA, AAA, C & D)

