

Some Ideas

* = items we frequently receive

Please provide approximately three items from each category.

We love home made goods too!

Protein

Beans

Meat

Hummus

Avocado

Quinoa
(cooked)

Seeds

Edamame

Cheese*

Yogurt (plain,
in a tub)

Peas

Hard boiled
eggs

Other items

Salsa/chutney

Olives/pickles

Fruit

Grapes*

Apples*

Mango

Bananas*

Oranges*

Starfruit

Dried fruit
(sulfate free)

Berries

Cherries

Frozen fruit

Melons

Kiwi

Figs

Pears

Peaches

Papaya

Nectarines

Plums

Vegetables

Cucumber*

Pumpkin or
squash

(cooked)

Carrots*

Celery

Broccoli

Cauliflower

Tomatoes

Bell peppers

Mushrooms

Green beans

Green salad

Mushrooms

Parsnip

Jicama

Yam or sweet

potato
(cooked)

Nori (sea
weed)

Grains

Whole grain
bread

Tortillas

Tortilla chips*

Rice (we can
cook it)

Homemade
muffins

Kasha

Wheat berries
(cooked)

Couscous

Pasta

Pita/flat bread

Bagels*

Pretzels*

Homemade
cornbread

Popcorn
kernels (not
microwave)