### Food Items:
- Cereal (with first ingredient whole grain)
- Eggs
- Cheese
- Milk and yogurt
- Soups (low or no salt added)
- Canned Tomatoes (diced, stewed, sauce, etc.)
- Meats
- Peanut butter
- Cooking Oil
- Fresh Fruit & Vegetables
- Pasta
- Tuna
- Beef Stew
- Rice
- Canned Fruit
- 100% fruit Juice
- Masa Flour
- Regular (all purpose) flour
- Cereal and Oatmeal
- Spices and dried herbs
- Potatoes
- Onions
- Chili
- Canned Beans
- Canned Vegetables
- Dry Beans
- Mac & Cheese
- Prepared dinners (Rice-a-Roni, Hamburger helper, etc.)

### Non-Food Items:
- Soap
- Deodorant
- Pet food
- Toothpaste
- Diapers
- Toilet paper
- Toothbrushes
- Feminine Hygiene Products

### Holiday food Items (October – December):
- Turkeys
- Hams
- Chickens
- Pies
- Carrots
- Celery
- Butter
- Rolls
- Masa Flour
- Dry beans
- Black Olives
- Onions
- Canned green beans
- Canned Corn
- Fruit Cocktail
- Cranberry Sauce
- Gravy mix
- Potatoes