

# Top 10 Foods to Donate

## Shopping Guide

Canned Tuna & Chicken

Peanut Butter

Spaghetti Sauce

Whole Grain Cereal\*

Whole Grain Pasta\*

Rice or Rice Mixes

Canned Soup

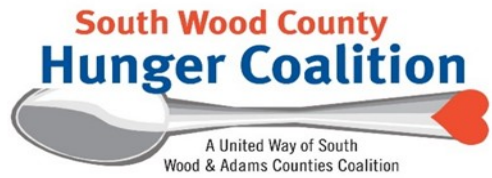
Pancake Mix/Baking Mixes

Canned Vegetables & Fruit

Canned or Dried Beans

\*First ingredient listed should be "whole grain"

Expired, dented/bulged foods,  
open packages, and home canned  
foods are  
**NOT accepted.**



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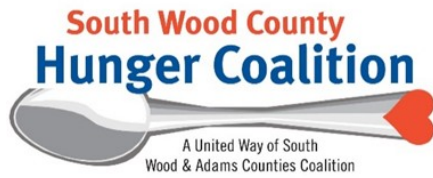
### Asian Foods

- Jasmine rice
- Sardines
- Bamboo shoots
- Asian noodles
- Asian baking mixes
- Asian tropical canned fruits
- Coconut milk
- Hmong sausage (frozen)
- Curry paste
- Fish sauce

### Hispanic Food

- Canned tomatoes
- Black beans
- Pinto beans
- Refried beans
- Canned corn (NOT creamed)
- Vegetable oil
- Rice
- Pasta
- Chicken/Beef
- Eggs

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