## 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

\*First ingredient listed should be "whole grain"

Pancake Mix/Baking Mixes

Canned Vegetables & Fruit

Canned or Dried Beans

Expired, dented/bulged foods, open packages, and home canned foods are

NOT accepted.



United Way of South Wood & Adams Counties



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### **Asian Foods Hispanic Food** Canned Jasmine rice tomatoes Sardines •Black beans Bamboo shoots Pinto beans Asian noodles •Refried beans Asian baking mixes •Canned corn (NOT creamed) Asian tropical canned fruits •Vegetable oil Coconut milk Rice •Hmona sau-Pasta sage (frozen) Chicken/Beef Curry paste •Eggs

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Fish sauce



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