

Food Items

<p>Dairy</p> <p>UHT Milk</p> <ul style="list-style-type: none"> • nonfat dry milk (soy, almond) • evaporated milk • instant breakfast drinks • canned and boxed milk • non-diary creamer 	<p>Protein Foods: Meat, Poultry, Fish, Dry Beans, and Nuts</p> <ul style="list-style-type: none"> • canned tuna • canned chicken • canned beef stews • canned salmon • bean soups • canned or dried beans • baked beans • canned chili • peanut butter • canned nuts
<p>Vegetables</p> <ul style="list-style-type: none"> • canned vegetables (corn, green beans, etc.) • vegetable soup • canned tomato products • pasta sauce 	<p>Fruits</p> <ul style="list-style-type: none"> • canned fruit • raisins • applesauce • dried fruits • canned and boxed 100% juice
<p>Grains: Cereal, Rice, and Pasta</p> <ul style="list-style-type: none"> • rice and rice mixes • canned pastas • noodle mixes • dry noodles and pastas • macaroni and cheese mix • cold cereals • bran cereal • shredded wheat • hot cereal mixes • oatmeal • bread and muffin mixes • pancake mix • whole-grain crackers • granola bars • graham crackers • flour 	<p>Oils and Condiments</p> <ul style="list-style-type: none"> • vegetable oil • salad dressing • syrup • jelly and jam • honey • sugar • mayonnaise • Dried herbs and spices

Non-Food Items

Paper Products <ul style="list-style-type: none">• toilet paper• paper towels• napkins• tissues	Soap Products <ul style="list-style-type: none">• hand soap• laundry and dish detergent• body wash
Personal Care Products <ul style="list-style-type: none">• shampoo• toothpaste• toothbrushes• shaving cream• razors• deodorant• feminine hygiene products	