OUR MOST NEEDED ITEMS

WHEAT
Community Connections

- ☐ Applesauce
- ☐ Canned Beans
- ☐ Canned Chicken
- ☐ Canned Fish (tuna and salmon)
- ☐ Canned Meat (spam and ham)
- ☐ Canned Vegetables
- ☐ Cooking oils (olive and canola)
- ☐ Crackers
- ☐ Dried Herbs and Spices
- ☐ Fruit (canned or dried)
- ☐ Granola Bars
- ☐ Instant Mashed Potatoes
- ☐ Meals in a Box
- ☐ Nuts
- ☐ Pasta
- ☐ Peanut Butter
- ☐ Rice
- ☐ Shelf-Stable and Powdered Milk
- ☐ Soup, Stew and Chili
- ☐ Whole Grain Cereal

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