

## WRFP BASIC FOOD REQUEST LIST

- ~ Cereal -Medium Size (14 oz.), not highly sweetened
- ~ Pancake Mix and Syrup
- ~ Corn Muffin Mix
- ~ Canned Corn - Medium Size (24 oz.)
- ~ Canned Green Beans - Medium Size (24 oz.)
- ~ Canned Peas - Medium Size (24 oz.)
- ~ Canned Potatoes - Medium Size (24 oz.)
- ~ Canned Fruit - Medium Size (24 oz.) Fruit Cocktail, Peaches, Pears
- ~ Applesauce - Medium Size (24 oz.)
- ~ Peanut Butter and Jelly - Medium Size
- ~ Baked Beans/Pork and Beans - Medium Size (24 oz.)
- ~ Dried Beans
- ~ Rice - Plain and Flavored, Medium size box or bag
- ~ Boxed Potato Dinners – Potatoes Au Gratin, Scalloped Potatoes, etc.
- ~ Instant Mashed Potatoes
- ~ Boxed Mac & Cheese
- ~ Spaghetti - 13.5 oz.
- ~ Spaghetti Sauce - Medium Size (approx. 1 lb. 10 oz.)
- ~ Spaghetti Products - Medium Size Spaghetti's. Spaghetti & Meatballs, Ravioli
- ~ Canned Meat – Tuna, Chicken
- ~ Tuna Helper/Hamburger Helper, etc.
- ~ Canned Manwich/Sloppy Joe, etc.
- ~ Soup – Chicken Noodle, Vegetable, Vegetable Beef, Tomato
- ~ Chicken Broth
- ~ Egg Noodles
- ~ Crackers – Saltine
- ~ Canned Beef Stew
- ~ Jello
- ~ Cake Mix and Icing

Sizes – Just use your judgement and avoid small individual size and very large size items. For larger families, two or more items can be given.

Whenever possible, choose items that are healthy, not highly sweetened or salted, low fat, etc.

Avoid items with an expired date, dented cans, etc.

Do not open boxes with individually packaged items. Do not donate just several of these packets from a box.

When buying several of the same kind of item such as soup, it is better to get all one favor rather than a variety.

*Thank you for contributing to those in need. We appreciate your help in feeding our community.*