

## SUGGESTED FOOD ITEMS for LOVE PACKS

### Fats, Oils & Sweets

- Jelly and Jam
- Honey
- Sugar
- Mayonnaise
- Vegetable Oil
- Salad Dressing
- Syrup

### Milk & Cheese

- Powdered Milk
- Instant Breakfast Drinks
- Canned/Boxed Pudding
- Velveeta

### Meat, Poultry, Fish, Dry Beans & Nuts

- Canned Tuna
- Canned Chicken
- Canned Beef Stew
- Canned or Dried Beans
- Baked Beans
- Canned Chili
- Peanut Butter

### Soups

- Canned Chicken Noodle
- Canned Tomato
- Ramen Noodles
- Dried Mixes

### Vegetables

- Canned Vegetables
- Canned Tomato Products
- Spaghetti Sauce
- Baby Food—Vegetables
- V-8 Juice

### Bread, Cereal, Rice & Pasta

- Rice and Rice Mixes
- Canned Pastas
- Pasta Mixes
- Dry Noodles and Pastas
- Macaroni & Cheese Mix
- Cold Cereals
- Oatmeal (Quick or Instant)
- Bread & Muffin Mixes
- Baking Mix (Bisquick)
- Crackers
- Granola Bars
- Flour

### Fruits

- Canned Fruit
- Raisins
- Applesauce
- Baby Food—Fruit
- Canned/Boxed 100% Juice



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