



## Belzer Middle School

### *Food Pantry Donation Wish List*

#### **Protein Foods: Meat, Poultry, Fish, Beans, Nuts**

- Tuna packets/cans
- Canned chicken
- Canned beef stew
- Soup with meat
- Trail mix with nuts
- Canned or dried beans
- Baked beans
- Canned chili
- Peanut butter
- Canned nuts

#### **Vegetables**

- Canned vegetables
- Instant mashed potatoes
- Vegetable soup
- Canned tomatoes
- Spaghetti sauce
- Baby food vegetables
- V-8 fusion juice

#### **Fruits**

- Fruit cups in 100% juice
- Boxed raisins
- Applesauce
- Dried fruits
- Baby food fruit
- Boxed 100% fruit juice
- Canned fruits

#### **Grains: Bread, Cereal, Rice, Pasta**

- Rice and rice mixes
- Canned pasta
- Noodle mixes
- Dry noodles and pasta
- Macaroni and cheese
- Cold cereals
- Ramen noodles
- Shredded wheat
- Infant cereal
- Hot cereal mixes
- Oatmeal
- Bread and muffin mixes
- Pancake mix
- Whole-grain crackers
- Granola bars
- Graham crackers
- Bagels
- Bread

#### **Oils, Condiments, Snacks**

- Vegetable oil
- Salad dressing
- Syrup
- Jelly and jam
- Honey
- Sugar
- Mayonnaise
- 100 Calorie snack packs
- Nutella
- Little Debbie cakes
- Takis mini packs
- Pop-tarts
- Microwave popcorn
- Peanut butter cracker packs
- Chips/pretzel packs
- Mustard
- Ketchup
- Boxed Brownie Mix