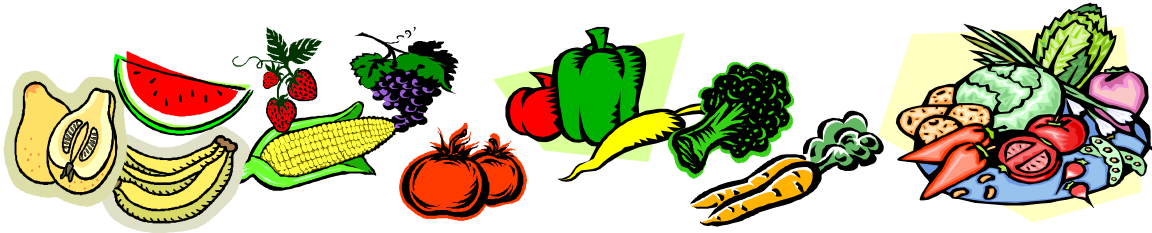


Food Bank & Pantry's Wish List



Food Groups	Food Bank Needs More of These Foods	Food Bank Needs Some of These Foods	Food Bank Less of These Foods
Fruits and vegetables	Fresh fruits and vegetables; frozen, dried or canned fruits and vegetables, olives, spaghetti sauces, salsa, tomato or vegetable juice.	Jams, jellies, pickles, sugar free powdered fruit drinks.	Powdered fruit drinks with added sugar, (Kool Aid, Tang), fruit roll-ups.
Meat, poultry, fish, dry beans	Chicken and turkey, beef, ham, pork, canned fish or meat, eggs, nuts. Dried or canned beans, jerky, peanut butter, chili, pork and beans,	Lunch meats, hot dogs, salami, bologna, turkey dogs' fish sticks, soups	Bacon, salt pork, chicken wings.
Milk, yogurt and cheese	Fat-free or low-fat dairy products such skim or 1% milk; cheeses, fat free-sugar free yogurt, soy milk, powdered or evaporated milk.	Low fat sour cream, low fat cream cheese, Instant Breakfast, fat free cream cheese, sugar free cocoa mix.	Cream, cream cheese, butter, coffee "creamers", Rice milk, sweetened condensed milk.
Fat and oils	Corn, olive, canola, sesame, soybean, peanut and sunflower oils, "squirt" margarine, fat free dressings and fat free mayonnaise	Low fat mayonnaise or salad dressing; butter, shortening or stick margarine.	Regular salad dressing Lard, Tartar sauce.
Breads, cereals, pasta, rice, dried peas, and beans	Whole-grain breads, crackers and cereal, oatmeal, pasta, rice; unsweetened cereals, flour, whole wheat flour; grits, cornmeal, oats, barley, fat free crackers.	Pancake and waffle mixes, biscuit or cornbread mixes, granola cereals, macaroni & cheese, granola bars, tortillas, taco shells, boxed noodle dishes, canned spaghetti.	Pies, cakes, pastries, pop-tarts, muffins, cookies, candy, Ramen noodles.
Snacks	Frozen low-fat yogurt, ice-milk, angel food cakes, fig bars, plain popcorn (no added fat), pretzels, fruit juices, unsweetened tea, coffee, sugar free gelatin desserts, graham crackers, pretzels.	Fat free microwave popcorn.	Ice cream, candy; potato or corn chips, buttered popcorn, fruit roll ups, donuts, cakes, cookies and pies;
Baby foods	Infant formula, baby food, infant cereal, Pedialyte	Teething biscuits	Baby desserts, cookies, candies

