

<b>Dry/Can Goods</b>		
Baking Powder	Cream of Mushroom Soup	Peanut butter Crackers
Baking Soda	Cream of Chicken Soup	Peanuts
Barbecue Sauce	Cream of Tomato Soup	Pop Tarts
Bouillon	Dried Beans	Popcorn
Boxed Macaroni & Cheese	Dry Pasta	Powdered Milk
Brown Sugar	Flavored Rice	Powdered Sugar
Brown Sugar	Flour	Raisins
Canned Chicken	Grits	Rolled Oats/Oatmeal
Canned Tomatoes	Hamburger Helper	Sandwich Bread (white and wheat)
Canned Tuna	Jalapenos	Shortening or Oil
Canned Vegetables	Individual Meals (non-perishable)	Soups (chicken noodle, vegetable, tomato, etc.)
Chilies and Tomatoes	Instant Potatoes	Spaghetti Sauce
Canned Beans (various)	Jellies & Jams	Tuna Helper
Canned Peas/Green Beans	Ketchup	Vinegar
Cereal Bars	Mayonnaise	Water (bottled)
Coffee	Mustard	White Sugar
Corn & Flour Tortillas	Pancake Mix	Yeast
Cornmeal	Pancake Syrup	
Crackers	Peanut Butter	
<b>Meats/Cheeses</b>		
Chicken (Legs or Thighs 2lb to 4lb packages)	Hotdogs	
Cheese (sliced and grated)	Parmesan Cheese	
Cheese Sticks	Precooked Bacon	
Fresh Bacon	Sandwich Meat	
Ground Turkey (1lb packages)		

<b>Frozen Foods</b>		
Frozen Breakfast Items	Hot Pockets	
Frozen Individual Meals	Juice Concentrates	
Frozen Pizza	Waffles	
Frozen Vegetables		
<b>Refrigerated Items</b>		
Apple Juice	Margarine	
Cream Cheese	Milk (1%, 2%, whole)	
Eggs	Orange Juice	
<b>Basic Spice List</b>		
Allspice	Chili Powder	Lemon Juice
Black Pepper	Garlic Powder	Onion Powder
Cayenne	Ginger	Nutmeg
Cinnamon	Hot Sauce	Salt
Cumin	Chili Powder	Salsa