

# **SUGGESTED ITEMS FOR THE DR. Martin Luther KING 2017 FOOD DRIVE**

Chili  
Canned Tuna -  
Mackerel - Salmon  
Vienna sausage  
Spam  
Canned beef stew  
Peanut Butter  
Bag of Northern Beans  
Bag of Pinto Beans  
Cans of Kidney Beans  
Cans of Pork and Beans  
Cans of Baked Beans  
Canned Corn  
Canned Peas  
Canned Carrots  
Canned Tomatoes  
Canned Mixed -  
Vegetables  
Tomato Sauce  
Instant Potatoes  
Spaghetti Sauce  
Canned Fruit Cocktail  
Canned Peaches  
Canned Pears  
Apple Sauce  
Grape Jelly  
Apple Juice  
Grape Juice  
Powdered Drinks (i.e.,  
Kool-Aid)  
Powdered Milk

Oatmeal  
Grits  
Cereal (Breakfast)  
Rice  
Flour  
Sugar  
Saltine Crackers  
Cornmeal Mix  
Pancake Mix  
Bisquick Mix  
Muffin Mix  
Chicken Noodle  
Soup  
Vegetable Soup  
Tomato Soup  
Ramen Noodle Soup  
Macaroni and  
Cheese  
Noodles  
Spaghetti  
Canned - Spaghetti  
and Meatballs  
Canned Ravioli  
Coffee  
Tea  
Jell-O-Regular  
Jell-O-Sugar Free  
Salt  
Cooking Oil  
Pancake Syrup  
Baby Food

## **NON-FOOD ITEMS**

Laundry Soap  
Hand Soap  
Dishwashing Soap  
Toothpaste  
Tooth brushes  
Paper Towels  
Bathroom Tissue  
Facial Tissue  
Laundry Detergent  
Diapers  
Baby Powder