

Community Cupboard *for Seniors*

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Starches
oatmeal
grits
crackers
sandwich crackers
granola bars
breakfast bars
unsweet cereal

Vegetables
peas
green beans
carrots
corn
potatoes
veggie mixes
any canned veggie

Fruits
raisins or other
dried fruits
applesauce
mixed fruit
pineapple
fruit juice
tomato juice
any canned fruit

Proteins
tuna
salmon
sardines
canned meat
canned chicken
peanut butter
canned beans
canned chili

One
complete
meal
consists of

1 item

1 can

1 can

2-3 cans

