

## **Food Pantry Wish List**

**Our VA Hospital Food Pantry accepts non-perishable food products, but we ask that you please check that the food items have not expired or gone past the “Best By” date.**

**Can openers are always welcome.**

**\$25 Gift Cards make it possible for homeless or in-need veterans and families to purchase perishables such as milk, bread, eggs, meat etc.**

### **Protein Foods:**

Canned Chicken  
Canned Fish (Tuna and Salmon)  
Canned Meat (Spam, Ham, Vienna Sausages)  
Canned Beef, Dried Beef/Jerky  
Canned Beef Stews  
Baked Beans, Pork and Beans, Canned Beans, Bean Soups  
Canned Chili  
Peanut Butter  
Nuts

### **Canned Foods**

Canned Vegetables  
Canned Fruits, Fruit Cups & Applesauce  
Canned Beans/  
Canned Pastas (SpaghettiOs, Ravioli, etc.)  
Canned Tomatoes  
Canned Soups  
Pasta Sauce/ Gravy Mixes  
Canned or Powdered Milk (Shelf-Stable) Also Rice or Almond Milk

### **Dry Goods**

Rice & Rice side dishes (Rice-a-Roni, Uncle Ben's)  
Dry Noodles & Pastas  
Boxed Macaroni & Cheese  
Boxed Potato Dishes (Au Gratin, Mashed, etc.)  
Tuna/Chicken Helper, Hamburger Helper  
Cold Cereals (Cheerios, Wheat Chex, Bran, Shredded Wheat)

Hot Cereals (Oatmeal, Cream of Wheat, etc.)  
Corn Muffin Mix/ Pancake Mix  
Crackers (Whole Grain, Graham, Saltines)  
Cake, Brownie, Cookie Mixes (Preferably just add water)  
Nonfat Dry Milk

### **Fruits**

Dried Fruits (Raisins, Dried Fruits, Fruit Leathers)  
100% Juice (Tomato, Orange, V-8) in can or plastic bottle

### **Beverages**

Instant Coffee & Powdered Cream  
Hot Chocolate/Cocoa Mixes

### **Oils & Condiments**

Vegetable Oil, Salad Dressing, Syrup, Jams/Jelly, Honey

### **Snacks**

Health Bars. Granola Bars. Trail Mix. Juice Boxes. Crackers. Nuts