

Rock Out Hunger Food Wish List

October 28-November 15

(Low sodium, low sugar, and whole grains preferred)

- Hot and cold cereals
- Peanut or other nut butters
- Canned tuna and chicken
- Canned soups, stews and chili
- Fruit, canned or dried
- 100% fruit juice
- Canned veggies
- Beans, canned or dried
- Nuts and seeds
- Salsa
- Salt-free seasonings and spices
- Boxed mac & cheese
- Whole wheat pasta
- Brown, white or wild rice
- Quinoa, barley, whole wheat couscous
- Spaghetti sauce
- Boxed turkey stuffing
- Canned or packet gravy
- Instant mashed potatoes
- Cornbread mix
- Applesauce (unsweetened)
- Canned cranberry sauce
- Canned pumpkin or fruit pie filling
- Olive, canola, avocado, safflower, grapeseed oils
- Powdered or evaporated milk, shelf-stable
- Soy or nut milk, unflavored, shelf-stable
- Baby food, formula, and diapers
- Personal hygiene products
- Toilet paper

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91 Rock
**OPERATION:
ROCK OUT
HUNGER**

