

**Protein** 

Rice

## HAMPER WISH LIST

Fueling Families, One Hamper at a Time

beans, corn, carrots, beets,

mixed, etc.)

Pasta sauce

We ask you aim to choose at least 2-3 items from each of the food categories

## Regular Pork Free Vegetarian No pork, bacon, ham, or lard, No meat, poultry, fish, meat sauces Peanut butter pork flavouring, gelatin, or or stock, gelatin, marshmallows, or marshmallows. animal-based ingredients. Nuts and Seeds Look for vegetarian or plant-based Look for vegetarian, halal, or Shelf-stable Milk labels. pork-free labels. ☐ Chicken Broth Canned food **Protein Protein** Shelf-stable tofu Canned foods Tuna Peanut butter Lentils Salmon Chickpeas Nuts and Seeds Sardines or mackerel Canned foods Beans (black, baked, Chicken Lentils kidney, mixed, etc.) Lentils Tuna Chickpeas Chickpeas Salmon Black beans Beans (black, baked, Sardines or mackerel kidney, mixed, etc.) Whole Grains Chicken Whole Grains Instant oats Instant oats Whole Grains Rice ■ Whole grain pasta Instant oats Whole grain pasta Noodles (rice, ramen) Rice Noodles (rice, ramen) ☐ Whole grain cereal Whole grain pasta Whole grain cereal ■ Whole grain granola bars ■ Noodles Whole grain granola bars Whole grain granola bars Fruits and Vegetables Canned fruit Fruits and Vegetables Fruits and Vegetables Dried fruits (raisins, Canned fruit Canned fruits Dried fruits (raisins, apricots, dates, etc.) Dried fruits (raisings, **Applesauce** apricots, dates, etc.) apricots, dates, etc.) ☐ Canned vegetables (diced Canned vegetables (diced **Applesauce** tomatoes, peas, green tomatoes, peas, green Canned vegetables (diced beans, corn, carrots, beets) beans, corn, carrots, tomatoes, peas, green Pasta sauce beets, mixed, etc.)

