



No Boundaries International

Food Pantry Requests

<p>Dairy: Milk, Yogurt and Cheese</p> <ul style="list-style-type: none"> • infant formula • nonfat dry milk • evaporated milk • instant breakfast drinks • small boxes of shelf-stable (UHT) milk • canned and boxed pudding <p>Protein Foods: Meat, Poultry, Fish, Dry Beans, and Nuts</p> <ul style="list-style-type: none"> • canned tuna • canned chicken • canned beef stews • canned salmon • bean soups • canned or dried beans • baked beans • canned chili • peanut butter • prepackaged nuts <p>Vegetables</p> <ul style="list-style-type: none"> • vegetable soup • canned tomato products • spaghetti sauce • baby-food vegetables • V-8 juice <p>Fruits</p> <ul style="list-style-type: none"> • canned fruit • raisins • applesauce • dried fruits • baby-food fruit • fruit leather (100% fruit) • canned and boxed 100% juice 	<p>Grains: Bread, Cereal, Rice, and Pasta</p> <ul style="list-style-type: none"> • rice and rice mixes • canned pastas • noodle mixes • dry noodles and pastas • macaroni and cheese mix • cold cereals • bran cereal • shredded wheat • infant cereal • hot cereal mixes • oatmeal • bread and muffin mixes • pancake mix • whole-grain crackers • granola bars • graham crackers • flour <p>Oils and Condiments</p> <ul style="list-style-type: none"> • vegetable oil • salad dressing • syrup • jelly and jam • dark chocolate • honey • sugar • mayonnaise • mustard • ketchup • tea • coffee • creamer • spices
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