**November Food Drive**

Canned/Dry Beans

Peanut Butter

Rolled Oats

Canned Fruit (No light or heavy syrup)

Canned Veggies

Low-Sodium Soups

Canned Tuna (In water)

Brown Rice

Unsalted Nuts/Seeds

Dry/Shelf-Stable Milk

Whole Grain Pasta

Popcorn Kernels (Non Microwaveable)

Canned Stews

Unsweetened Apple Sauce

Chicken, Beef, & Veggie broths and stock

Olive/Canola Oil

Whole Grain, Low-Sugar Cereals

Honey

Dried Fruits (No Sugar added)

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