

NIA & NTOMBI ADVENTURES

In-Kind List for Non Perishable Food

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Please consider using this in-kind donation list to purchase non perishable canned goods and boxed food to support our community giving effort. #grateful –Nia

OILS AND CONDIMENTS

vegetable oil,
salad dressing,
syrup, jelly and
jam, honey, sugar,
mayonnaise,
mustard

FRUITS

canned fruit,
raisins,
applesauce, dried
fruits, baby-food
fruit, (100% fruit),
canned & boxed
100% juice

PROTEIN MEAT, POULTRY, FISH, BEANS, AND NUTS

dry beans, nuts,
canned tuna,
canned chicken,
canned beef
stews, canned
salmon, canned
bean canned
soups, dried
beans, baked
beans, canned
chili, peanut
butter

DAIRY

infant formula
nonfat dry milk
evaporated milk
instant breakfast
shelf-stable
(UHT) milk
(small boxes)
canned and
boxed pudding

VEGETABLES

canned
vegetables,
canned tomato,
spaghetti
sauce, V-8 juice

GRAINS, BREAD, CEREAL, RICE, and PASTA

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, muffin, and pancake mixes, whole-grain crackers, granola bars, graham crackers, flour, bread