

Most Needed Food for Native Hope Ministries

Canned fruit packed in juice

Individual fruit cups packed in juice

Canned corn, unsalted if possible

Canned tomatoes and other common vegetables, unsalted if possible

Canned pinto beans, unsalted if possible

Canned chicken

Unsalted nuts

Rice

Dry spaghetti or macaroni

Canned spaghetti sauce

Cheerios or other cereal with low sugar that can be eaten without milk

No large sizes.

No glass.