



localFOODdrive

Food Shelf Wish List

The Neighborhood House Food Markets serve individuals from many parts of the world, so we keep them stocked with multicultural and healthy groceries. Below is our "Wish List" – items that families we serve need most. Help us reach our goal of 175,000 dollars or pounds of food this March!

Vegetables

- Bamboo shoots (canned)
- Cabbage
- Carrots
- Corn
- Green Beans
- Green Chilies (canned or dry)
- Hominy
- Jalepenos
- Kale
- Lettuce
- Nopales (cactus)
- Peas
- Potatoes
- Onions
- Spinach
- Straw Mushrooms
- Tomatoes (fresh or canned)

Fruits

- Avocado
- Apples
- Applesauce
- Canned Juices
- Mandarin Oranges
- Mangos
- Melons
- Oranges
- Peaches
- Pineapples

Grains

- Cereal (hot & cold)
- Mac & Cheese
- Pasta (egg noodle, spaghetti)
- Rice (Jasmine, Kokuho, long-grained)
- Rice Noodles

Dairy

- Milk (half-gallon)
- Shelf-stable milk

Proteins

- Beans (dry or canned—black, black-eyed, pinto, red)
- Beef Stew
- Canned meats (beef, chicken, tuna, sardines)
- Chili
- Peanut Butter

Universal Staples

- Cooking Oil
- Flour
- Maseca (corn flour)
- Rice Flour
- Olive Oil

Spices/Sauces

- Curry Paste (red, yellow, or hot)
- Fish Sauce
- Green Salsa (tomatillo)
- Oyster Sauce
- Red Pepper
- Salsa
- Spaghetti Sauce

Non-Food Items:

- Bath Soap
- Diapers
- Dish Soap
- Laundry Detergent
- Toilet Paper
- Feminine Hygiene items
- Shampoo & Conditioner
- Pet Food
- Tooth Brush & Tooth Paste

Items needed for the Food Markets

- Shopping bags
- Egg cartons



Neighborhood House™