

# Join our Smilesgiving



## Acceptable items:

Canned Fish (salmon, tuna, sardines)  
Canned Meats (turkey & chicken)  
Rice (brown & wild)  
Whole grain dry cereals  
Whole grain pastas  
Fruits in natural juice (no sugar added)  
Canned vegetables (low sodium)  
Canned soups & stews (low sodium)  
Nut butters (peanut, almond, walnut)  
Popcorn kernels  
Dried fruits (raisins, apricots, prunes, mangoes)  
Granola  
Herbal tea (green, white)  
Natural sweeteners (honey)  
Fruit juice (100%)  
Beans (canned or dried)  
Pasta sauce  
Shelf-stable milk (powdered milk, canned evaporated skim milk)  
Healthy snacks (granola bars, nuts)  
Spices (cinnamon, chili powder, cumin)

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*\*Please avoid items packed in glass. No candy or sugary drinks.*



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