

## Food Hamper Contents – Full List

Quantity	Meat & Fish
4 cans	Salmon
8 cans	Misc. Fish
1 can	Oysters
1 can	Sardines
1 can (large)	Ham
1 can	Turkey
1 can	Chicken

Quantity	Canned Goods
2 cans	Beans
3 cans	Corn (niblets)
2 cans	Mixed veggies
1 can	Peas
2 can	Creamed corn
3 cans	Tomato
1 can	Cranberries
2 cans	Pears
2 cans	Peaches
2 cans	Mandarin oranges
2 cans	Fruit cocktail
1 can	Apple sauce
1 can	Stew
2 cans	Alpha-getti
6 cans	Pork and beans
1 can	Chili
3cans	Mixed beans
2 cans	Chef Boyardee
2 cans	Pasta sauce
1 can	Milk
6 cans	Tomato soup
6 cans	Chicken soup
4 cans	Vegetable soup
6 cans	Mushroom soup
2 cans	Misc. soup

Quantity	Condiments
1 jar	Peanut butter
1 jar	Jam
1 jar	Honey
1 kg	Sugar
1 bottle	Syrup
1 bottle	Ketchup
1 bottle	Mustard
1 jar	Relish
1 kg	Flour
1 bottle	Cooking oil
1 jar	Misc. condiment

Quantity	Beverages
1 carton	Apple juice
1 carton	Juice
3	Ensure
1 bag	Coffee
1 box	Tea
4 packs	Hot chocolate

Quantity	Toiletries
1 box	Kleenex
1 bottle	Body lotion
1	Shaving cream
3	Razors
1 bottle	Conditioner
1 bottle	Shampoo
6 rolls	Toilet paper
1 tube	Toothpaste
1 bottle	Body wash
4 bars	Soap
1 roll	Paper towel
1 box	Storage ziplock bags
1 bottle	Dish soap
1 bottle	Multi-purpose cleaner
1 bottle	Hand sanitizer

<b>Quantity</b>	<b>Pantry</b>
1 box	Pie filling
2 boxes	Hamburger Helper
4 packs	Popcorn
1 box	Spaghetti
1 box	Cello spaghetti
1 bag	Pasta
1 box	Pasta
1 jar	Pasta sauce
8 packs	Ichiban
1 box	Cake mix
3 boxes	Jello pudding
3 boxes	Jello
1 box	Pancake mix
1 box	Granola bars
1 box	Soda crackers
2 boxes	Crackers
2 boxes	Cookies
2 boxes	Cereal
1 box	Instant oatmeal
1 bag	Rice
1 box	Instant rice
2 boxes	Instant potatoes
1 box	Stovetop stuffing
1 pack	Pudding cups