



Having items close to these specific sizes and container types ensures Veterans can easily open, use, carry, and store this much needed food. (A variety of flavors and types is appreciated!)

PROTEINS

- 5-14oz cans of tuna, chicken, spam, sardines, salmon, etc.
- 16oz containers of peanut butter (or other nut butters)
- 15oz cans of chili, corned beef hash, etc.

PASTA & SAUCE

- 24oz CANNED spaghetti sauce
- 15oz cans of pasta (Spaghetti-O's, Chef Boyardee, etc.)
- 7.25oz boxes of macaroni and cheese
- Standard sized packages of dried pasta, beans, rice, grains, or mashed potatoes

SOUPS & STEWS

- 16oz cans of hearty soup (or stew - Dinty Moore, etc.)
- 10.5oz cans of cooking soup (cream of mushroom, cream of chicken, or broth, etc.)
- 10.5oz cans of non-cooking soup (tomato, chicken noodle, or vegetable)

BEANS & VEGETABLES

- 15.5oz cans of beans (red, kidney, black, pinto, etc.)
- 14.5oz cans of vegetables (carrots, corn, mixed, beets, spinach, etc.)

SIDE DISHES

- Standard sized boxes/bags of side dish items (variety of rice, pasta, potatoes, or Hamburger/Tuna/Chicken Helper, etc.)

FRUITS & BREAKFAST

- 15oz cans of fruit (pears, peaches, pineapple, etc.)
- Single-serve packets of oatmeal