



## **Remnant Food Find 2025**

**Wednesday, Nov. 19  
from 6:30-8:30pm**

**Here are a few food suggestions and ideas to help you know what to donate!**

.....  
**Applesauce** – quick snack, fiber and vitamin C.

**Canned beans** – a good protein and fiber.

**Canned chicken** – It's simple to toss this into soups and casseroles. Add it to a sandwich or on a cracker. Versatile and high in protein.

**Canned tuna and salmon** - High in vitamins, omega-3 fatty acids and protein.

**Canned meat like SPAM and ham** - Shelf-stable and can be added to potatoes or eggs.

**Canned vegetables**

**Cooking oils, olive and canola** - A much-needed item to prep a meal, and often overlooked because it is pricier.

**Crackers** – A base for peanut butter, jelly or canned meats when bread is not available.

**Fruit (canned or in plastic cups)** Choose those that are packed in water or fruit juice for less sugar.

**Granola bars**

**Instant mashed potatoes**

**Meals in a box**

**Pasta**

**Peanut Butter**

**Shelf-stable and powdered milk**

**Whole grain cereal**

**Pancake mix**

**Potato flake**

**Spaghetti sauce**

**Stuffing mix**

**Rice**

**Soups, stew and chili**

*Helpful – look for cans that have a pop-top tab when available*