



WHEELS OF H.O.P.E.

GROCERY LIST

Revised 3/12/15

REQUESTED DONATIONS

BEANS

- Black Beans
- Chili Beans
- Garbanzo Beans
- Green Beans
- Lima Beans
- Pinto Beans
- Ranch Beans
- Red Beans
- Refried Beans
- White/Navy Beans

FRUITS

- Apple Sauce
- Apricots
- Cranberries
- Fruit Cocktail
- Mandarin Orange
- Peaches
- Pears
- Pie Fillings
- Pineapple
- Plums

DESSERT MIX

- Jello
- Pudding

VEGGIES

- Asparagus
- Beets
- Carrots
- Corn
- Mixed Veggies
- Okra
- Peas
- Potatoes
- Spinach
- Succotash
- Yams

MEATS

- Chicken
- Hash
- Salmon
- Seafood
- Spam
- Tuna
- Vienna Sausage

MEALS

- Beef Stew
- Hamburger Helper
- Manwich
- Tuna Helper

SOUPS

- Beef Broth
- Chicken Broth
- Chili
- Gravy
- Soup

PASTA

- Pasta Sauce
- Mac-n-Cheese
- Ravioli
- Tomato Sauce
- Tomato Diced

CONDIMENTS

- B-B-Q Sauce
- Ketchup
- Mayonnaise
- Mustard
- Pickles/Olives
- Salad Dressing

SPREADS

- Honey
- Jelly
- Peanut Butter

BAKING

- Baking Powder
- Baking Soda
- Bisquick
- Brownie Mix
- Cake Mix
- Cookie Mix
- Cooking Oil
- Evap. Milk
- Flour
- Pancake Mix
- Salt/Pepper
- Spices
- Sugar

CEREALS

- Cold Boxed
- Cream of Wheat
- Oatmeal
- Single Packet

STARCHES

- Box Mac & Cheese
- Dried Beans
- Dry Pasta/Noodles
- Instant Potatoes
- Rice/Rice Mixes

WHEELS OF H.O.P.E. Helping Other People Eat

Dedicated to feeding the hungry children of our community. Kitchen located at 1st United Methodist Church

8th and Jefferson Ph. 238-2156 Office Hours: Tuesday - Friday, 9 to 3