

CAPE HENLOPEN FOOD BASKET

Non-perishable Food Items Recommended for Donation

I. Items included in the grocery bags we pack for clients:

Canned Fruit	Macaroni & Cheese
Canned Meat (such as Spam)	Pasta (spaghetti, noodles)
Canned Tomatoes	Pasta Sauce
Canned Vegetables (carrots, peas, corn, green beans)	Peanut Butter
Canned Pork & beans	Potato Flakes, instant
Canned Pasta (Ravioli, Spaghettios)	Rice
Cereal	Soup (canned)
Chili	Tuna Fish
Jelly	
Juice (100% fruit)	

II. We also allow clients to select 3 items of their choice from “open” shelves. Some of the best items for stocking those shelves include:

- Condiments (mayonnaise, ketchup, mustard, relish, olives, pickles)
- Cooking oil bottles & spray
- Crackers / Graham crackers
- Coffee and tea, sugar or other sweeteners
- Canned or powdered milk products
- Salt, pepper, other spices
- Pancake mix
- Pancake syrup
- Taco shells & taco sauce
- Cornbread or muffin mix
- Salad dressing
- Snacks (chips, pretzels, etc.)
- Cake mixes, other desserts