

Martha's Table

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Non-Perishable Food Donation Wish List

Christmas Community Dinner Needs (by 12/18)

- **Hams**
- **Chickens** – cooked or raw
- **Cream of mushroom soup**
- **Green beans**
- **Biscuits**

Non-Perishable

- **Canned vegetables** - green beans, corn, peas, tomatoes, potatoes, etc.
- **Canned Fruit** - peaches, apple sauce, pineapple, orange segments, fruit salad, etc
- **Canned beans** – black beans, baked beans, red beans, etc.
- **Canned Proteins** – tuna, chicken, salmon, chili, beef stew
- **Breakfast foods** – cereal, oatmeal, breakfast bars, pop tarts, etc.
- **Pastas** - pasta sauce, tomato sauce
- **Rice** - and other grains, dry beans
- **Baby food**
- **Misc** – jelly, ketchup, mustard

Low Sugar Breakfast Cereals

- Cheerios, Corn Flakes, Kix, Raisin Bran, Chex

Snacks for our Children and Youth Programs

- Fig Newtons, Graham Crackers, Nutrigrain Bars, String Cheese, Pepperridge Farm Goldfish, Vanilla Pudding Cups, Vanilla Wafers,

Non-Food Items

- Napkins
- Sandwich bags

Items that we do not need

- Peanut Butter, soft drinks, candy, junk food.