

- Applesauce
- Canned Fruit (peaches, fruit cocktail, pineapple)
- Canned Vegetables (carrots, potatoes, beets, tomatoes, cabbage, etc.)
- Canned Greens (collards, spinach, etc.)
- **Beef Stew**
- Canned Meats (salmon, Spam, corned beef hash, chicken, etc.)
- Hamburger Helper
- Ramen
- Peanut Butter

- Mac & Cheese
- Juices
- Baking items (flour, cooking oil, sugar, etc.)
- Stuffing
- Canned gravy
- Salad Dressing
- Saltine Crackers
- Tea & Instant Coffee
- Cleaning Supplies (dish soap, laundry detergent, etc.)
- Hygiene Products (shampoo, toothpaste, soap, feminine hygiene, etc.





11-24





WINSTON-SALEM

200 EAST 10TH STREET 336.724.7453

KERNERSVILLE

431 W. BODENHAMER STREET 336.996.5401

www.crisiscontrol.org