

JANUARY Beef Stew

APRIL Applesauce & Canned Fruit

JULY

Canned Pastas (Chef Boyardee, SpaghettiOs, Beefaroni, Ravioli, etc.)

OCTOBER

Canned Meats (Canned Salmon, Canned Tuna, Corned Beef, SPAM, etc.)



FEBRUARY

Soul Foods (Canned Greens,Black-eyed Peas, Jiffy Cornbread Mix, etc.)

MAY

Baked Beans (Pork and Beans, Beanee Weenees, Etc.)

AUGUST Toilet Paper

NOVEMBER

Canned Salmon, Canned Tuna, Corned Beef, SPAM, etc.) MARCH Pancake Mix & Syrup

JUNE Peanut Butter & Jelly

SEPTEMBER

Instant Grits & Oatmeal

DECEMBER

Spices (Salt, Pepper, Cinnamon, Basil, Vanilla Extract, Ect.)

WINSTON-SALEM 200 EAST TENTH STREET 336.724.7875

KERNERSVILLE 431 W. BODENHAMER STREET 336.996.2636

crisiscontrol.org