



Canned Chicken or Tuna  
Pork n Beans  
Brown or White Rice  
Macaroni & Cheese  
Canned Soup  
Canned Beef Stew  
Canned Beef Chili with Beans  
Mixed Canned Fruit  
Grape or Strawberry Jelly (18 oz.)  
"Complete" Pancake Mix & Syrup  
Hamburger Helper  
Salad Dressing  
Vegetable Oil (16 oz.)  
**Thank you!**  
[beachfoodpantry.org](http://beachfoodpantry.org)



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