

FEED MY PEOPLE



JANUARY

- Boxed whole grain pasta
- Canned tomato or pasta sauce
- Canned green vegetable
- Canned fruit
- Powdered or shelf stable boxed milk or soy milk

Breakfast Month

- Cereal, oatmeal, juices

FEBRUARY

- Canned tuna
- Tuna helper
- Canned carrots
- Canned fruit
- Powdered or shelf stable boxed milk or soy milk

Baby Care Month:

- Diapers, wipes, formula

MARCH

- Canned ham
- Macaroni and cheese
- Canned fruit
- Canned green vegetable
- Powdered or shelf stable boxed milk or soy milk

Dental Care Month:

- Toothbrushes, toothpaste, dental floss

APRIL

- Canned turkey or chicken
- Brown rice/instant mashed potatoes
- Canned corn
- Applesauce
- Powdered or shelf stable boxed milk or soy milk

Kid-Friendly Food Month:

- PB & j, macaroni and cheese, dried fruits

MAY

- Chicken meal w/meat
- Canned green vegetable
- Fat free pudding/Jell-o
- Canned fruit
- Powdered or shelf stable boxed milk or soy milk

Personal Hygiene Month:

- Shampoo/conditioner, soap, deodorant

JUNE

- Boxed whole wheat pasta
- Canned tomato or pasta sauce
- Canned mixed vegetables
- Canned fruit
- Powdered or shelf stable boxed milk or soy milk

Baby Food Month:

- Baby fruits, vegetables, cereal

JULY

- Beef meal w/ meat
- Canned green vegetable
- Whole wheat flour
- Canned fruit
- Powdered or shelf stable boxed milk or soy milk

Breakfast Month

- Cereal, oatmeal, juices

AUGUST

- Canned chicken
- Canned corn
- Low sodium canned soup
- Brown rice
- Canned fruit
- Powdered or shelf stable boxed milk or soy milk

Baby Care Month:

- Diapers, wipes, formula

SEPTEMBER

- Cornbread mix
- Canned carrots
- Beef stew
- Canned fruit
- Powdered or shelf stable boxed milk or soy milk

Dental Care Month:

- Toothbrushes, toothpaste, dental floss

OCTOBER

- Low sodium canned chicken and dumplings
- Canned green vegetable
- Whole wheat flour
- Applesauce
- Powdered or shelf stable boxed milk or soy milk

Kid-Friendly Food Month:

- PB & j, macaroni and cheese, dried fruits

NOVEMBER

- Canned salmon or tuna
- Canned spinach
- Tuna helper
- Canned fruit
- Powdered or shelf stable boxed milk or soy milk

Personal Hygiene Month:

- Shampoo/conditioner, soap, deodorant

DECEMBER

- Canned ham
- Canned green vegetable
- Brown rice/instant mashed potatoes
- Canned fruit
- Powdered or shelf stable boxed milk or soy milk

Baby Food Month:

- Baby fruits, vegetables, cereal

All canned vegetables, tomato/pasta sauce should be low sodium or no salt. All canned fruits in light syrup or packed in their own juices.