



# Miami Valley Meals WISH LIST

## From Kroger / Meijer / Grocery Store

For all grocery items, we especially appreciate large-size cans/packages since we cook food in bulk. But all donations are appreciated!

- Canned vegetables
  - Green beans, carrots, corn, mushrooms, etc.
  - Mandarin oranges, peaches, pears, etc.
- Rice, white or brown
  - Traditional rice, not instant/minute rice
- Baking powder
- Shelf-stable cartons of milk
- Garlic powder or minced garlic in a jar
- Chili flakes

In addition to our prepared meals, we also provide grab-and-go snacks bags of nonperishable items for some of our partners who serve unhoused folks or those without working stoves/microwaves.

- Ravioli, Spaghettios, Beefaroni, etc.- Check to see if the cans have pull-tabs! Many unhoused and low-income folks do not have can openers
- Applesauce cups
- Granola bars
- Individual size snacks (crackers, etc.)

## Other items/supplies

- Parchment paper (rolls or pop-up sheets)
- Food-safe nitrile gloves (medium, large, or extra large)
- Plain black or dark colored aprons
- 4 or 8 cup measuring cups with handle

## From Amazon

To see our Amazon wishlist, follow this link: <https://a.co/8EV3DWj>

The link is also on our website on the Donate page