

# HOLIDAY FOOD

## *GSN Suggested Food Basket Items List*

*Thank you for considering critical items needed for preparing Holiday Food Baskets. This list is provided to give you suggestions, but is not limited to this listing:*

### Protein Foods

- Whole turkey or ham (frozen or fresh)
- Canned or foil packaged: fish, tuna, mackerel or salmon, chicken,
- Canned soups, soups with meat, beef stew, cream soup
- Canned: beans, dried beans, refried beans, kidney beans, pork and beans
- Peanut butter
- Canned or packaged: Dried or evaporated milk, cheese sauce, salsa, and pasta sauce
- Canned: pasta with meat, chili, corned beef hash

### Carbohydrate Foods

- Rice and other grains, pasta
- Noodles, boxes of macaroni and cheese
- Boxed or packaged: Cereals, oatmeal or cream of wheat
- Dehydrated potato packets and pre-seasoned noodle dinners

### Canned Vegetables and Fruit

- Dried fruits (*like prunes and raisins*)
- Fruit juices (*bottles, cans and kids bxs.*)
- Tomatoes, tomato sauce, or pasta sauce
- Vegetables, from beets to zucchini
- Peas, corn and beans

- Peaches, pears and applesauce
- Carrots, beets and asparagus
- Fruit cocktail, pineapple
- Cranberry sauce, pumpkin pie mix or pumpkin, Mandarin oranges,
- Apple or cherry pie filling, etc.,
- Salt-Free Canned Vegetables, etc.,
- Reduced or Lite Fruits, etc.,

*Dehydrated vegetables are good alternatives to canned items*

### Packaged Foods

- Breakfast cereals/items, hot cereal, oatmeal, pancake mix, syrup
- Boxed crackers, beans, rice, cornbread mix, cake and brownie mix, baking mix, tea bags
- Boxed pastas
- School snacks (granola bars, trail mix, nuts, raisins)

*When possible, choose double wrapped baking supplies. Avoid donating foods like packaged flour or cornmeal. Avoid items that can easily be "crushed" in a food drive container - like potato chips.*



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