

# Spirit Lake Food Distribution Program

## Fresh Vegetables

- Baby Carrots
- Yellow Onions
- Red Onions
- Russet Potatoes #3
- Red Potatoes #3
- Red potatoes #5
- Sweet Potatoes
- Cabbage
- Celery
- Tomatoes
- Radishes
- Romaine Lettuce
- Cauliflower
- Broccoli

## Seasonal Vegetables

- Corn on Cob
- Asparagus
- Cherry Tomatoes
- Grape Tomatoes
- Cucumbers
- Green Pepper
- Brussel Sprouts
- Turnips

## Canned Vegetables

- Green Beans
- Carrots
- Cream Corn
- Corn
- Mixed Vegetables
- Pumpkin
- Spinach
- Tomatoes – Diced
- Potatoes Sliced
- Tomato Sauce
- Spaghetti Sauce
- Potatoes-Dry
- Hominy
- Frozen Peas #3

## Fruits

- Apples #5
- Grapefruit #5
- Oranges #5
- Pears #3
- Mixed Fruit #5

## Seasonal Fruits

- Avocado
- Peaches
- Lemons
- Cherries
- Seedless Grapes
- Honey Dew Melon
- Kiwi
- Nectarines
- Plums
- Clementine
- Cranberries

## Canned Fruit

- Apricots
- Mixed Fruit
- Peaches
- Pears
- Plums - Dried
- Raisins
- Blueberries #3
- Applesauce Cups

## Juices

- Apple Juice
- Cherry Apple Juice
- Grape juice
- Orange Juice
- Tomato Juice
- Cran-Apple Juice

## Beans

- Refried Beans
- Vegetarian Beans
- Kidney Beans
- Great Northern Beans Dry #2
- Pinto Beans Dry #2
- Black Beans
- Pinto Beans Canned

## Fresh Eggs

## Meat/Fish

- Bison
- Canned Beef
- Frozen Ground Beef
- Beef Roast
- Tuna
- Whole Chicken
- Pork Chops
- Chicken - Canned
- Chicken Breast

## Peanut Products

- Fruit & Nut Mix
- Peanuts
- Peanut Butter

## Butter / Oil Products

- Butter
- Vegetable Oil
- Butter Spread

## Milk

- UHT 1% Milk
- Instant Milk
- Evaporated Milk

## Cheese

- Sliced Cheese
- Block Cheese

## Pasta

- Crackers
- Whole Wheat Tortillas
- Egg Noodles
- Rice
- Spaghetti
- Macaroni
- Whole Grain Rotini
- Mac & Cheese

## Flour/ Cornmeal

- Flour
- Corn Meal
- Blue Corn Meal
- Whole Wheat Flour
- Bakery Mix

## Cereal

- Rice Crispy Cereal
- Cornflakes Cereal
- Oat Cereal
- Shredded Wheat Cereal
- Corn Squares Cereal
- Wheat Bran Cereal
- Rolled Oats
- Farina

## Soups

- Vegetable Soup
- Tomato
- Chunky Beef Stew
- Cream of Chicken
- Cream of Mushroom

## Bonus Items

- Salmon
- Wild Rice
- Ham
- Catfish
- Cranberry Sauce