

# Spirit Lake Food Distribution Program

## Fresh Vegetables

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

## Seasonal Vegetables

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

## Canned Vegetables

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

## Fruits

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

## Seasonal Fruits

- ☐ Avocado
- ☐ Peaches
- ☐ Lemons
- ☐ Cherries
- ☐ Red Grapes
- ☐ Green Grapes
- ☐ Honey Dew Melon
- ☐ Kiwi
- ☐ Nectarines
- ☐ Plums
- ☐ Clementine
- ☐ Cranberries

## Canned Fruit

- ☐ Apricots
- ☐ Mixed Fruit
- ☐ Peaches
- ☐ Pears
- ☐ Plums - Dried
- ☐ Raisins
- ☐ Frozen 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
- ☐ Black Beans
- ☐ Pinto Beans Canned
- ☐ Great Northern Beans Dry
- ☐ Pinto Beans Dry

## 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
- ☐ Wheat Bran Cereal
- ☐ Cornflakes Cereal
- ☐ Oat Cereal
- ☐ Shredded Wheat Cereal
- ☐ Corn Squares Cereal
- ☐ Farina
- ☐ Rolled Oats

## Soups

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

## Bonus Items

- ☐ Salmon Fillets
- ☐ Wild Rice
- ☐ Ham
- ☐ Catfish Fillets
- ☐ Cranberry Sauce
- ☐ Frozen Strawberries
- ☐ Dried Cherries
- ☐ Frozen Orange Juice
- ☐ Pork Patties
- ☐ Pulled Pork
- ☐ Walleye Fillets