



30 Day Food Boxes*

Oatmeal
Pinto Beans Canned
Chicken Canned 24-5oz
Tuna Canned, packed in water
Peanut Butter -Creamy Peanut Butter
Tomato Soup
20/24oz. Entrée (Chili or Beef Stew)
Raisin Bran Cereal
Frosted Flakes
Rice Long Grain White
Chili with Beans
Spaghetti Sauce Canned
Fruit Canned, (Peaches, Tropical Fruit)
Applesauce
Vegetables Canned, low salt, (Corn)
Vegetables Canned, low salt, (Peas)
Milk Shelf-stable 32 oz. 2% Diversified
Spaghetti Dry
Macaroni and Cheese
Jelly Squeeze Jelly(Flavors: Standard)
Flour
Vegetable Oil



*30 Day boxes are available to anyone 60+ years of age. Please call Nederland Area Seniors at 303-258-0799 or email Nicole, mountainpeaklife.nicole@gmail.com if you would like to receive a box.

