

The Grow Clinic Food Pantry needs high calorie, protein rich foods that appeal to a child's likes. In order of preference, a list of items most needed in the food pantry is provided below:

- Carnation Instant Breakfast (powder)
- Graham crackers
- Rice
- Tuna fish in oil
- Thick canned stews
- Canned ravioli and spaghetti
- Canned corn
- Vegetable oil
- Canned meats (corned beef, etc.)
- Boxed mac and cheese
- Canned beans (not green beans)
- Raisins and other dried fruit
- Mayonnaise and salad dressing
- Canned fruits in heavy syrup (not lite)
- Cold Cereals: Kix, Cheerios, Rice Krispies, Rice and Corn Chex, Total
- Hot cereal: Oatmeal, Grits, Cream of Wheat
- Canned Chili
- Chocolate syrup or Nestle Quik
- Peanut butter
- Canned gravy
- Instant mashed potatoes
- Canned vegetables
- Evaporated milk (not non fat powdered milk)
- Spaghetti sauce
- Pasta
- Canned or instant pudding (no gelatin)