



FOOD GROUP CATEGORIES AND PRODUCT LISTING

Fruits

- Applesauce
- Canned and shelf stable fruits
 - Fruit cocktail
 - Peaches
 - Pears
 - Pineapple
 - Grapefruit
- Dried fruit
 - Raisins
 - Apricots
 - Cranberries
 - Banana chips
- 100% fruit juice
- Fresh fruits

Vegetables

- Canned vegetables
 - Dark greens
 - Carrots
 - Pumpkin
 - Sweet potatoes
 - Corn
 - Green peas
 - Lima beans
 - Asparagus
 - Beets
 - Green beans
 - Mushrooms
 - Tomatoes
- Potatoes
- 100% vegetable juice (i.e. carrot, tomato)
- Fresh vegetables

Dairy

- Fluid milk
- Evaporated or canned milk
- Non-fat dry milk
- Cheese
- Cottage cheese
- Yogurt
- Soy milk

Grains

- Bread
- Rice
- Pasta
- Oatmeal
- Grits
- Cream of Wheat
- Cold cereal
- Breakfast or granola bars
- Crackers
- Muffin, cornbread, or pancake mix
- Pitas
- Bagels
- Pretzels
- Stuffing Mix
- Tortillas
- Popcorn

Protein foods

- Eggs
- Frozen or refrigerated meat/fish
- Canned meats and fish packed in water
 - Chicken
 - Tuna
 - Salmon
 - Sardines
 - Vienna Sausages
 - Spam
- Canned and dry beans
 - Black beans
 - Black-eye peas
 - Chickpeas (garbanzo beans)
 - Kidney beans
 - Navy beans
 - Lentils
 - White beans
- Nuts and seeds
 - Almonds
 - Peanuts
 - Sunflower seeds
 - Pumpkin seeds
 - Pecans
 - Walnuts
 - Sesame seeds
 - Pistachios
 - Mixed nuts
- Nut butter (peanut, almond, etc)
- Chunky soup with meat, chicken and chili

Meal makers & condiments

- Vegetable soup
- Broth
- Creamed soups
- Canned stews
- Spaghetti sauce
- Meal mixes (Tuna Helper, Hamburger Helper, sloppy joe mix, Macaroni & Cheese)

Staples, spices & condiments

- Baking mixes
- Baking soda
- Baking powder
- Sugar
- Flour
- Oil (Vegetable and Olive)
- Mayonnaise
- Ketchup
- Mustard
- Gravy
- Salsa
- Salad dressings
- Spices