

***CAP loves donations of healthful healing plant-based foods. Here are foods to contribute for a CAP Food Drive***

**Protein foods in cans or jars**

- vegetarian baked beans
- all canned beans in water (salt) • black eyed peas
- chilli beans in seasoned sauce
- peanut butter or any nut butters

**Protein foods in bags**

- split peas
- lentils
- other dried beans • nuts and seeds

**Protein foods in non-refrigerated cartons**

- all nut milks – almond, cashew, soy and rice milk

**Vegetables packed in water (salt) - cans or jars**

- green beans • cabbage
- carrots
- potatoes
- green peas
- mixed vegetables • beets
- mushrooms
- spinach

**Sauces**

- pasta sauce (no meat or dairy in sauces) • salsa
- seasoned tomatoes
- soy sauce
- hot sauce

**Breakfast foods**

- quick cooking oats (carton containers preferred)
- quick cooking grits (carton containers preferred)
- cans or jars of fruits packed in fruit juice or water - fruit cocktail, pineapple, peaches, pears and applesauce unsweetened • fruit juice unsweetened

**Carbohydrates**

- whole grain pasta
- quick cooking brown rice
- regular cooking brown rice • instant mashed potatoes
- other wholesome grains

**Miscellaneous**

- dried herbs and spices • mustard and vinegar • cooking spray
- coffee and tea