

Comodity Supplemental Food Program Through The Central PA Food Bank

Vegetables: Canned, Fresh and Dehydrated/Dried; Low Sodium	
Green Beans	
Peas	
Mixed Vegetables	
Corn	
Spinach	
Diced Tomatoes	
Sweet Potatoes	
Carrots	
64 oz	Tomato Juice
Potatoes	
NOTE:	four cans provided; often split two and two

Fruit: Canned	
64-oz	Apple Juice
Applesauce	
64-oz	Crabapple Juice
64-oz	Grape Juice
64-oz	Orange Juice
Peaches	
Pears	
Mixed Fruit	
NOTE:	two cans provided

Central PA Food Bank December 2016 Inventory

Vegetables: Canned, Fresh, and Dehydrated/Dried	
Amount	Food
1 lb	Broccoli, Fresh
Bulk	Cabbage, Fresh
1 lb	Carrots, Fresh
6/#10 cans	Corn, Canned
24/15-oz cans	Vegetarian Corn, Canned, Low Sodium
24/15.25-oz cans	Vegetarian Corn, Canned, Low Sodium
1 head	Cauliflower, Fresh
6/#10 cans	Green Beans, Canned
24/15-oz cans	Vegetarian Green Beans, Low Sodium
24 heads	Lettuce, Fresh
3 lb bag	Onions, Fresh
24/15-oz cans	Peas, Canned
24/15-oz cans	Vegetarian Peas, Canned, Low Sodium
6/#10 cans	Diced Tomatoes, Canned
24/ 14.5-oz	Vegetarian Diced Tomatoes, Canned, Low Sodium
Fruit: Canned, Frozen and Fresh	
Amount	Food
7 lb bag	Apples, Fresh
72/4-oz	Apple, Blueberry, Pomegranate Sauce; Cups, Shelf Stable
40/6.75-oz	100% Apple Juice Boxes
6/#10-can	Unsweetened Applesauce
40/6.75-oz	100% Cranberry Raspberry Juice Boxes

Dairy: Shelf Stable and Refrigerated	
2/32 oz	UHT Fluid 1% Milk, Boxed, Shelf Stable
Powdered Milk, Boxed, Shelf Stable	
2 lbs	Cheese Block, Refrigerated, Reduced Fat
NOTE:	Six times a year, powdered milk is given in the boxes. However, this item might be eliminated in the near future.

Protein: Non-Meat Sources, Refrigerated and Canned	
Beef, Canned	
Beef Stew, Canned	
Beef Chili without Beans, Canned	
Chicken, Canned	
Great Northern Beans, Canned	
Kidney Beans, Canned	
Peanut Butter	
Pinto Beans, Canned	
Pork, Canned	
Salmon, Canned	
Vegetarian Beans, Canned, Low Sodium	
NOTE:	one item provided

Grains: Frozen and Fresh	
Elbow Macaroni	
Bran Flakes	
Corn Flakes	
Corn Squares	
Oats	
Spaghetti	
2lb	Rice
Rice Cereal	

6/#10-can	Fruit Mix, Canned, In Light Syrup
40/6.75-oz	100% Fruit Punch Juice Boxes
40/6.75-oz	100% Grape Juice Boxes
24/11-oz	Mardarin Oranges, Canned
6/#10-can	Mandarin Oranges, Canned
72/4-oz	Orange Mango Lite Applesauce
40/6.75-oz	100% Orange Juice Boxes
40/6.75-oz	100% Orange Tangerine Juice Boxes
6/#10-can	Diced Peaches, Canned
24/15-oz can	Peaches, Canned
6/#10-can	Pears, Canned
72/4-oz	Raspberry Acai Apple Sauce, Cups, Shelf Stable
40/6.75-oz	100% Strawberry Kiwi Juice Boxes
40/6.75-oz	100% Very Berry Juice Boxes
40/6.75-oz	100% White Grape Raspberry Juice Boxes

Dairy: Shelf Stable and Refrigerated	
Amount	Food
1 lb	Butter
12-oz	Cheese Slices, Refrigerated, Pasturized, Sliced
24/12-oz	Evaporated Milk, Shelf Stable
27/8-oz	Pur 1% Milk, Refrigerated
27/32-oz	Pur 1% Milk, Refrigerated
16 quarts	2% Milk, Refrigerated

Protein: Meat and Non-Meat Sources, Refrigerated and Shelf Stable	
Amount	Food
1 lb	Ground Beef, Frozen
1	Whole Chicken, Frozen
1 dozen	Eggs

Shredded Wheat	
Wheat Farina	
Whole Grain Rotini	
NOTE:	one pasta or and two boxes of cereals provided

24/15-oz can	Navy Beans, Canned, Low Sodium
24/15-oz can	Vegetarian Black Beans, Canned, Low Sodium
24/15-oz can	Vegetarian Blackeyed Peas, Canned, Low Sodium
6/#10 cans	Kidney Beans, Canned
24/15-oz can	Vegetarian Kidney Beans, Canned, Low Sodium
1 lb	Lamb, Frozen
12/18-oz	Peanut Butter
24/16-oz	Vegetarian Pork and Beans, Canned, Low Sodium
4	Pork Sausage Links, Frozen
24 15.25-oz cans	Refried Beans, Canned
6/#10 cans	Tuna, Canned
48/5-oz	Tuna, Canned
1 lb	Ground Turkey, Frozen
1	Whole Turkey, Frozen
48-oz	Turkey Hot Dogs, Frozen

Grains: Frozen & Fresh	
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Amount	Food
1	Yam, Refrigerated, Fresh
24/7.5-oz	Portions of Macaroni and Cheese
20/16-oz	Portions of Elbow Macaroni
20/16-oz	Portions of Spaghetti

Condiments: Sauces, Salsa, Syrup	
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Amount	Food
12 18-oz glass jar	Grape Jelly
12 28-oz can	Spaghetti Sauce, Canned
6/ #10 cans	Spaghetti Sauce, Canned

Canned Soups:

Amount	Food
24/10.5-oz	Chicken Noodle, Canned
24/10.5-oz	Chicken with Rice, Canned
24/10.5-oz	Cream of Mushroom Soup, Canned
24/10.75-oz	Tomato Soup, Canned

Complete Meal Entrees

Amount	Food
12/24-oz	Pur CME Beef Stew
24 /15-oz	Pur CME Macaroni and Beef
24/15-oz	Pur CME Spaghetti Rings
24/15-oz	Pur CME Spaghetti with Meatballs
24/5.8-oz	Pur Helpers Alfredo
24/5.6-oz	Pur Helpers Beef Pasta
24/5.8-oz	Pur Helpers Cheeseburger
24/5.3-oz	Pur Helpers Tuna
24 6.4-oz	Pur Helpers Lasagna
24 6.4-oz	Pur Helpers Stroganoff