

FORTY TINS FOR LENT

TINNED FOODS

Canned soups - All varieties
Canned fruit
Canned fish (salmon, tuna)
Canned spaghetti, ravioli, etc
Canned tomato sauce
Canned vegetables - All varieties
Canned stew



DRY FOODS

Dry soups - Chinese Noodles
Kraft Dinner
Packages of spaghetti, macaroni, etc
Boxes of cereal - NOT sweetened
Peanut Butter
Cheese Whiz
Jams - All varieties
Sugar
Rice
Oil
Coffee
Coffee Creamer