Eastside Cares Food Donation Examples

* Meat
	+ Chicken
	+ Turkey wings and/ or drumsticks
	+ Meatloaf
	+ Fish and etc.
* Vegetables
	+ Cabbage
	+ String beans
	+ Green beans
	+ Sweet peas
	+ Carrots
	+ Corn
	+ Collard greens
	+ Broccoli.
* Starches-
	+ 5 to 10lbs of rice
	+ 5lbs of grits
	+ Potatoes (mashed, baked, or potato salad)
	+ Macaroni and cheese
	+ Macaroni salad
	+ Spaghetti and meatballs.
* Desserts
	+ Cookies
	+ Cakes
	+ Pie
	+ Rolls.