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.