

Name:
Date:
Phone Number:

Temagami First Nation
Food Security Inventory List

Meat Products:

- Ground beef
- Stewing beef
- Skinless/boneless chicken breast
- Breakfast sausage
- Whole ham
- Mild Italian sausage
- Boneless porkchops
- Fish fillets
- Bacon
- Bologna
- Sliced pepperoni
- Ham sandwich meat
- Roast beef sandwich meat
- Hamburger patties

Frozen Items:

- Broccoli florets
- Corn
- Peas & carrots
- California vegetable mix
- Frozen mixed berries

Canned Goods:

- Canned beans
- Canned milk
- Beef stew

- Chili
- Corned beef
- Klik
- Tuna
- Salmon
- Baby carrots
- Cream style corn
- Peas
- Mushrooms
- Diced tomatoes
- Red kidney beans
- Dill pickles
- Pineapple tidbits
- Pear slices
- Peach slices
- Fruit cocktail
- Chicken noodle soup
- Cream of mushroom soup
- Tomato soup
- Pasta sauce
- Pizza sauce
- Beef broth
- Chicken broth
- Vegetable broth
- Salt & pepper (shakers)
- Applesauce
- Parmesan cheese (shaker)
- Ketchup
- Mustard
- Relish
- Cheese Whiz

- White vinegar
- Garlic plus seasoning
- Italian seasoning
- Onion powder seasoning
- Cinnamon
- Sloppy joe mix

Grain:

- Macaroni
- Spaghetti noodles
- Gluten free spaghetti
- Gluten free macaroni
- Penne noodles
- Long grain rice
- Instant rice
- White bread
- Whole wheat bread
- Gluten free bread
- Bagels
- Soda crackers
- Navy beans
- Hamburger buns
- Garlic Toast

Breakfast Items:

- Pancake mix
- Syrup
- Bran flakes
- Cheerios
- Corn flakes

Please keep in mind, not all items are guaranteed, it depends on availability at Northern Foods

- Frosted corn flakes
- Rice krispies
- Oatmeal
- Instant oatmeal
- Cream of wheat
- Marmalade
- Raspberry jam
- Strawberry jam
- Peanut butter
- Honey
- Tetley tea
- Salada tea
- Coffee
- Decaf coffee
- Coffee mate
- Sweet and low
- Ensure (choc, vanilla, straw.)
- Boost- diabetic
- Apple juice
- Fruit punch crystals
- Orange juice
- Iced tea crystals
- Prune juice

Baking Items:

- Yeast
- Salt
- Vanilla
- White sugar
- Brown sugar

- Splenda brown sugar
- Baking soda
- Baking powder
- Splenda sweetner
- Chocolate chips
- Cornstarch
- Flour
- Cornmeal
- Tenderflake
- Crisco shortening
- Cooking oil
- Raisins
- Powdered milk

Other Items:

- Toilet paper
- Paper towel
- Kleenex
- Coffee filters (Size_____)
- Poise (Size_____)
- Tena (Size_____)
- Toothpaste
- Toothbrush
- Polident
- Diapers
- Formula (Similac- soy based, Enfamil A+ regular, Enfamil A+ gentlease)

Dairy Products:

- Milk
- Lactose free milk
- Almond milk
- Coffee cream
- Lactose free coffee cream
- Butter
- Margarine
- Marble cheese
- Old cheddar cheese
- Mozzarella cheese
- Eggs
- Yogurt

Produce

- Apples
- Oranges
- Lettuce
- Peppers (green & red)
- Potatoes
- Onions
- Carrots
- Bananas
- Honeydew or Cantaloupe
- Strawberries
- Grapes
- Cucumber
- Tomatoes
- Celery

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