



# NAM's Everyday Food Wish List

## Fresh Produce

- Fresh fruit
- Fresh vegetables

## Canned Foods

- Vegetables
- Fruit
- Soup
- Spaghetti Sauce
- Tomatoes
- Tuna
- Pasta

## Dry Goods

- Rice
- Dry Soup
- Dry Beans
- Peanut Butter
- Jelly (any flavor)
- Macaroni & Cheese
- Dry Pasta
- Tuna Helper
- Hamburger Helper

**(281) 885-4589**

Cash Donations are always appreciated

*Please note that the Joanne Watford Nutrition Center at NAM cannot accept dented canned goods or expired food.*

**Northwest Assistance Ministries**  
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