



NAM's Everyday Food Wish List

Fresh Produce

- Fresh fruit
- Fresh vegetables

Canned Foods

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

Dry Goods

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

Joanne Watford Nutrition Center (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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www.namonline.org

