

Food Bank of Iowa Chopped

Hot Dish Edition

Starches	Sauce	Protein	Vegetable/Fruit (fresh, canned or frozen)	Toppings	Seasonings
Pasta (any variety and size)	Canned Cream Of Something Soup	Pork (ground or shredded)	Peaches	Cereal	Salt & Pepper
Rice (white or brown)	White Sauce	Chicken Hindquarter Parts	Pineapple	Crackers	Cinnamon
White or Sweet Potatoes (fresh, frozen or dehydrated)	Red Marinara Sauce	Ground Venison	Green Beans	Breadcrumbs	Garlic Powder
Oats (instant or steel cut)	Sour Cream, Milk, or Cottage Cheese	Eggs (no more than 12)	Corn	Potato Chips	Italian Seasoning
Stale Bread	Taco Sauce or Salsa	Beans (canned or dried)	Peas	Cheese	Onion Powder



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