



Below is a list of foods available on September 16, 2020. All items are subject to change throughout the day. We will do our best to accommodate your request but cannot guarantee that the items you want will be available at the time that your order is filled.

Quantities distributed will depend on family size and amount available.

If you need something that you don't see on this list, just ask. We can't promise anything but we will try.

Fresh Fruits &

Vegetables (Limited Supply)

Plums
Apples
Strawberries
Pears
Tomatoes
Sweet Corn
Cabbage
Peppers
Shallots
Onions
Potatoes

Canned Fruit & Vegetables

Apricots
Pineapple
Raisins
Dried Cherries
Green Beans
Diced Tomato
Sliced Carrots

Shelf-Stable Proteins

Baked Beans (contains Pork)
Red Kidney Beans
Black Turtle Beans
Dried Pinto Beans
Peanut Butter
Tuna
Salmon

Personal Care

Toilet Paper
Laundry Detergent
Bar soap
Shampoo & Conditioner
Toothpaste & Toothbrushes
Deodorant

Pantry Shelf

Condiments
Baking Needs
Sweet or Salty Snacks

Meat

Ground Beef
Pork
Chicken
Turkey
Bologna
Pollock Fillets
Meatless Options

Soup

Chicken Noodle
Cream of Mushroom
Tomato
Clam Chowder

Pasta & Rice

Spaghetti & Pasta Sauce
Elbows & Pasta Sauce
White Rice
Macaroni & Cheese (2= 1)
Spaghetti Rings (3=1)

Breakfast

Cinni-Mini Crunch
Honey Graham Crunch
Scooters
Oatmeal
Breakfast Bars

The following Items qualify for
ECHO Extras and Monthly orders:

Bonus Fresh "As Needed"

Limes
Lemons
Cherry Tomatoes

Bonus Fresh "As Needed" (Cont'd)

Sweet Potatoes
Mustard Greens
Squash
Cucumbers
Mini-Cucumbers
Eggplant
Orange Juice (bottled)

Bonus Dry "As Needed"

Brown Rice
Brown Lentils
Yellow or Green Split Peas
Beef Stew
Prunes
Canned Peaches

Bonus Frozen

(Pizza + 2 items)
Pork Patties
Pulled Pork
Pork Taco Filling
(OR Chicken Strips for pork-free households)

Dairy Coolers (Limited Supply)

(1 Butter, 1 Milk, + 2 items)
Butter
Buttermilk
Organic Milk
(OR Non-Dairy Milk Substitute for lactose or dairy-free households)
Whipping Cream
Cottage Cheese
American Cheese
Queso Fresco
Fruit Juice



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Salad Coolers

We have a variety of items, let us know what you want or don't want and we will *do our best* to accommodate you.

Bread

White or Wheat Loaves

Buns & Specialty Breads

Bakery Sweets

Cinnamon Rolls, Donuts, Muffins,
Cookies, Bars, Scones, Cupcakes,
Cake, Pie, Angel Food, And More!