



Allied People Offering Year-Round Outreach

Phone: (509) 201-1820

Mailing address: P.O. Box 194, Ellensburg, WA 98926

Website: apoyncommunity.org

Use this list to help provide our families' most desired items:

Fruits and Vegetables:

Low sodium, no sugar added, packed in water or juice

- Garden surplus (fresh produce and herbs)
 - Chayote
 - Chiles verdes (serranos, jalapeños, etc.)
 - Cilantro
 - Corn
 - Cucumbers
 - Fresh fruit
 - Garlic
 - Green beans
 - Jicama
 - Lemons
 - Limes
 - Onions
 - Oregano
 - Pineapples
 - Potatoes
 - Radishes
 - Spearmint
 - Squash
 - Tomatillos
 - Tomatoes
- Canned & dried fruit, applesauce
- Canned diced tomatoes, tomato sauce, spaghetti sauce
- Canned corn
- Canned chiles

Grains:

Whole grains when available

- Long grain white rice
- Masa blanca (corn flour)
- Oats/oatmeal
- Pasta (sopa de fideo), mac & cheese
- Wheat flour

Cooking:

Low sodium, no sugar added when possible

- Vegetable-based oils, shortening, margarine
- Spices, sauces & condiments: mole, enchilada sauce, cumin, canned chiles (chipotles, jalapeños, etc.) dried chiles (guajillo, anaheim, de arbol, ancho, pasilla), cinnamon, ketchup, jamaica flowers, hot sauce, yeast, piloncillo, bouillon

Proteins:

Low sodium products, meat/fish, packed in water

- Frozen and fresh meat (chicken)
- Canned/pouch meats (tuna, chicken, salmon)
- Dried beans (pinto, Peruvian) & lentils
- Broth
- Peanut butter, almond butter
- Nuts (low or no salt)
- Eggs (home-raised or store bought)

Milk:

Low-fat, no sugar added products that are shelf stable

- Low-fat milk
- Evaporated milk
- Mexican cheese (queso fresco, cotija, etc.)

Healthy Snacks:

- Nuts and seeds (low/no salt)
- Gelatin

Non-food items:

- Shampoo/conditioner
- Dish/laundry soap
- Toothpaste & toothbrushes
- Feminine products
- Diapers