

PEOPLE PROJECT **NEEDS**

--**Beans** (canned or dried)

pinto, garbanzo, adzuki, black, kidney, mung, etc.

--**Olive Oil !!**

--**Nuts**

--**Soy, Rice, Almond MILKS**

--**Organic Sugar**

--**Produce:** onions, squash, garlic, mushrooms, fruit, potatoes,
yams, greens, peas, etc.

--**Organic Coffee**

--**Tortilla Chips**

--**Green Peas**

--**Tamari/Soy Sauce**

--**Brown Rice**

--**other Grains** (quinoa, wild rice, steel cut oats, etc.)

--**Flour Tortillas**

--**Bread**

--**Herbal Teas**

--**Juice**

--**Vegenaise** (mayonnaise with no dairy or eggs)

--**Organic Corn Meal or Polenta**