



Upstate International Month
Fun on a GLOBAL Scale! March 1 - 31st

FIND
GREAT
PEOPLE

Global Food Drive

- Rice Dried legumes: chickpeas, lentils & beans
- Wheat or rice noodles
- Canned tomatoes: whole, crushed & diced
- Canned tomato paste
- Sauces: pasta, barbecue, etc.
- Condiments: salad dressing, ketchup, mayonnaise, gravy, etc.
- Canned chiles
- Canned protein: tuna, chicken, etc.
- Coffee & black tea
- Flour
- Vegetable oil, olive oil & vinegar
- Chicken broth & chicken bouillon
- Seasonings: garlic, salt, black pepper, sugar, turmeric, coriander, dry parsley & cilantro
- Hot sauce
- Dried chiles: guajillo, chile de arbol, etc.
- Cinnamon sticks
- Mexican chocolate
- Ready-to-eat meals
- Fruit Juices
- Peanut Butter & Jelly
- Cans with pop tops
- Canned fruits
- Coconut milk