

For Congolese Refugees

Dry Goods	Fresh Goods
<ul style="list-style-type: none"> • Rice (1 large bag ph) • Beans (e.g. kidney, garbanzo, pinto) (1 bag ph) • Corn flour (1 bag ph) • Noodles (1 box pp) • Cookies or something sweet (1 package ph) • Tomato sauce (1 can ph) • Corn (canned or frozen) (1 can pp) • Peanut butter (1 jar ph) • Oatmeal (1 box ph) • Coffee (instant or ground) • Tea (1 box of bags ph) • Sugar (1 bag ph) • Salt (1 box ph) • Vegetable oil (1 bottle ph) 	<ul style="list-style-type: none"> • Tomatoes (2 pp) • Onions (2 pp) • Yams/Sweet Potatoes (1 bag ph) • Potatoes (1 bag ph) • Carrot (1 bag ph) • Spinach (1 bag ph) • Plantains (1 bunch ph) • Bananas (1 bunch ph) • Hot peppers (e.g. chilies, jalapenos) (1 pp) • Chili pepper (2 packets ph) • Green beans (2 servings pp) • Garlic (2 bulbs ph) • Oranges (1 bag ph) • Orange juice (1 gallon ph) • Sliced bread (1 bag ph) • Chicken (wings or drumsticks) or Fish (1 serving ph) • Yogurt (plain or flavored) • 2% milk (1 gallon ph) • Eggs (1 dozen ph)