

We have managed to compile a list of general bulk items needed for this year's "Food For Life" conference. If the list seems a bit daunting, we understand, you can only do so much. Any items donated will be immensely appreciated. Just let us know what you think you can contribute and we will find the rest elsewhere. Again, thanks for your consideration and contributions.

Produce	Dry Goods
Carrots 15-30#	Tofu 10-20 #
Lettuce/ Greens 2 Cases	Soy or Rice Milk 1-2 Cases
Celery 5-10 bunches	Beans 10-15 #
Potatoes 25-50#	Wild Rice 5-10 #
Onions 15-30#	Dried Fruit 10 #
Squash or zucchini 1-2 cases	Raisins 5#
Spinach 1 case	Dates 5-10 #
Sweet Potatoes 10#	Olive oil 2-3 Gallons
Cauliflower 1 case	Soy or Canola oil 2-3 Gallons
Cucumbers 2-3 cases	Rice Syrup 1-2 Gallons
Egg Plant/Beets 5# each	Earth Balance margarine x 2
Garlic 4#	Whole wheat pasta 5-10 #
Broccoli 1 case	Juice 3 Gallons
Lemons 2-3 #	Nutritional Yeast 4-8 #
Cabbage 2 Cases	Organic dairy - milk, cheese
Okra 5-8 #	Organic eggs - 9 dozen
Tomatoes 1-2 Cases	Tomato Paste 1 case
Peppers - Sweet and Hot	Mustard and Ketchup
Fruit (including avocados)	Powdered soy milk

Additional supplies needed: environmentally sound dish soap, canning materials,  
and toilet paper