



What Do I Have?

GRAIN PRODUCT	WHAT I HAVE	WHAT I NEED	WHAT I HAVE	WHAT I NEED	WHAT I HAVE	WHAT I NEED	WHAT I HAVE	WHAT I NEED
	#10 CANS	#10 CANS	PANTRY CANS	PANTRY CANS	CASES	CASES	BOTTLES OR CANS	BOTTLES OR CANS
Grain Pancake Mix								
Grain Cracked Cereal								
Amaranth								
Brown Rice								
Cornmeal								
Egg Noodle Pasta								
Elbow Macaroni								
Germade (Wheat Cereal)								
Hard Red Wheat								
Hard White Wheat								
Instant White Rice								
Millet								



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Oats, Instant								
Oats, Regular								
Quinoa								
Rice Flour								
Spaghetti								
Spelt								
White Flour								
White Rice								
Whole Wheat Flour								



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