

Tip:	Calculating foods with multiple ingredients that may fit into multiple categories, lead with the primary ingredient. For example: Hamburger Helper would go under the category of "Non-Perishable" & sub-category of "Pasta"; a fresh pasta kit with chicken would go under the category of "Fresh & Frozen Meat, Seafood & Plant Based" & then the sub-category of "Chicken."
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Standard Food Mix	Selecting "Standard Food Mix" allows the user to input the weight of a mixed food donation; the calculator will provide a calculation based on weighted averages from network data. At this time, non-food items are unable to be calculated.
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Fresh & Frozen Meat, Seafood & Plant Based	Fish & Seafood	Poultry	Deli Meats	Beef & Game Meat
	Tuna Salmon & Haddock Crab & Lobster	Chicken & Cornish Hen Turkey Duck	Bologna Sliced Turkey, Chicken Sliced Ham & Beef	Beef & Bison & Beef Ribs Venison & Elk Moose & Bear
	Pork	Lamb	Tofu & Meat Substitutes	Other
	Ham & Bacon Pork Chops & Ribs Sausages & Hot Dogs	Rack of Lamb Ground Lamb Lamb Kebabs	Tofu & Soy Vegetarian Burgers Fish & Chicken Alternatives	Lunchables Meat & Sandwich Trays

Fresh & Frozen Dairy	Milk & Cream	Eggs	Cheese & Cheese Products	Butter & Margarine
	Milk & Milk Beverages Cream, Half & Half Perishable Protein Drinks	Shelled & Liquid Eggs Egg Whites Hardboiled	Block, Sliced & Shredded Cottage & Cream Cheese Soft Cheese	Butter & Margarine Lard Ghee
	Yogurt & Cultured Dairy	Dairy Alternatives	Dips & Spreads	Other
Yogurt & Yogurt Drinks Greek Yogurt & Kefir Sour Cream	Non-Dairy Milk & Creamer Non-Dairy Cheese & Yogurt Non-Dairy Spread & Dips	Chip Dip Cheese Whiz Tzatziki & Baba Ghanoush	Puddings Jello Dessert Items	

Fresh & Frozen Bakery	Bread, Bagels, Buns & Other	Cakes, Pastries & Cookies	Other
	Bagels & English Muffins Croissants, Buns, Rolls, Naan Pitas, Wraps, Tortillas Burger & Hotdog Buns	Pie, Cakes, Cupcakes & Tarts Brownies & Cinnamon Rolls Cookies, Scones & Donuts	

Non-perishable	Canned & Dried Fruit & Veg	Pasta & Pasta Kits	Soups, Broths & Stews	Cereal
	Canned & Dried Fruit & Veg Applesauce Pie Fillings	Dry & Canned Pasta Gluten Free Pasta Rice Paper	Dry & Canned Soup & Stew Boullion Cubes & Broth Ramen & Chili	Cereal & Granola Oats & Oatmeal Dry Pancake & Waffle Mix
	Granola & Protein Bars	Beverages	Flour & Baking Ingredients	Sauces & Condiments
	Nutrigrains, Fibre 1 Rice Krispie Squares Protein & Snack Bars Keto, GF, Vegan Bars	Non-Alcoholic Protein Drinks & Powder Drink Mixes, Syrups & Juice Soda, Sports & Energy Drinks	Wheat Flour & Other Flours Baking Soda & Powder Cornstarch, Yeast & Extracts Cake & Cookie Mixes	Jam, Peanut & Nut Butters Mayo, Mustard & Ketchup Salad Dressing & Pasta Sauce Croutons & Salad Toppings
	Canned & Dried Meat/Fish	Rice, Quinoa & Couscous	Crackers, Taco & Tortilla Kits	Chips
	Canned Tuna Corned Beef Sardines Jerky & Sausage Snacks	Long Grain & Basmati Instant & Brown Jasmine & Abrorio Couscous & Quinoa	Goldfish, Ritz, Saltines Crackers & Cheese Rice Crackers, Pretzels Pretzel Crackers	Nachoes, Doritos Popcorn & Pretzels Rice Cakes
	Sugar	Lentils & Beans	Cookies	Candy & Confection
	White, Icing & Brown Sugar Cake Icing & Frosting Stevia, Sugar Substitutes	Pearl Barley Chickpeas & Lentils Yellow & Green Split Peas Pinto, Navy & Red Beans	Bear Paws & Oreos Shortbreads & Biscuits Graham Crackers & Wafers Arrowroot & Digestives	Pudding, Jello & Fruit Cups Chocolate Chips & Bars Fruit Snacks, Candy & Gum Baking Chocolate
	Coffee	Non-Perishable Dairy	Tea	Nuts & Seeds
	Instant Coffee & K-Cups Beans & Grounds Iced Coffee Espresso & Decaf	Premixed & Powder Formula Carton & Powdered Milk Non-Dairy Milks Condensed Milk	Loose Tea Tea Bags Herbal Tea Iced Tea	Mixed Nuts & Trail Mix Peanuts, Cashews Chocolate Covered Nuts Sunflower Seeds
Spices	Other			
Salt & Pepper Spices & Spice Blends Bread Crumbs & Mixes Panko & Tempura				

Prepared Fresh & Frozen Foods	Pizza & Doughs	Breakfast Items	Entrees & Appetizers	Ice Cream, Desserts & Cakes
	Frozen Pizza & Dough Frozen Flatbreads Frozen Pie Shells	Frozen Waffles Frozen Muffins Frozen Egg Sandwiches	Frozen Pastas & Perogies Frozen Appetizers Frozen Microwave Meals	Popsicles & Ice Cream Cones Frozen Yogurt & Sorbet Ice Cream & Cakes
	Other			

Fresh & Frozen Fruit & Vegetables	Fresh & Frozen Vegetables	Fresh & Frozen Fruits
	Potatoes & Cauliflower Mixed Veggies & Veg Tray Hashbrowns Veggie Noodles	Avocado & Guacamole Fruit & Fruit Trays Fresh Pressed Juice Smoothie Blends

Non-Food	Pet Supplies	Cleaning Supplies Wet	Cleaning Supplies Dry	Paper Products
	Wet & Dry Food Treats Pet Toys & Accessories Pet Toys Brushes & Nail Trimmers	Floor & Window Cleaner Bathroom & Toilet Cleaner Laundry Detergent Dish Soap & Dishwasher Tabs Disinfecting Wipes	Powder Detergent Sponges & Scrub Brushes Mops & Brooms Toilet Brush Rubber Gloves	Toilet Paper Paper Towel Tissues Napkins Cotton Balls
	Personal Hygiene Dry	Personal Hygiene Wet	Seasonal Items	Other
First Aid & Thermometers Dry Cosmetics & Bar Soap Feminine Hygiene Products Toothbrushes & Floss Razors & Deodorant	Shampoo & Conditioner Wet Cosmetics Body Wash & Lotions Toothpaste & Mouthwash Shaving Creams	Wrapping Paper School Supplies Christmas & Holiday Decor Beach Towels Yoga Mats & Weights	Plants Party Supplies Kitchen Supplies	