

empty tomb®, inc. 2017 Mega Work-A-Thon
Staple Foods Item List

- Rice, 5 lb
- All Purpose Flour, 5 lb
- Veg. cooking Oil, 48 fl oz
- Spaghetti Pasta, 48 oz
- Sugar, 4 lb
- Ramen Noodles, 12 Pack
- Pinto Beans, 2 lbs
- Salt, 26 oz
- Corn Meal, 5 lb
- Black Pepper, 4 oz
- Quick Oats, 42 oz

Size preference: These items, in these manufacturer pre-packaged sizes, will fit in the boxes that are to be decorated.

Shopping Tip: The items on the list in these size amounts were originally found at Ruler Foods. Only WalMart had the 48 oz package size of spaghetti. Most grocery stores will have most of these items.