



**Catholic Charities  
of the Diocese of Stockton**

*Help for Today...Hope for Tomorrow*

**BOARD OF DIRECTORS**

**Food Wish List**

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*Chair*

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Veen: CPA, Shareholder*

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*Human Resources*  
*Retired*

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*Business Owner*

**Vince Kilmartin**  
*Superintendent Business*  
*and Operations*  
*Retired*

**Claudia Mall**  
*Business Owner*

**Esperanza Molina**  
*Community Volunteer*

**Martha Arevalos**  
*Executive Director*

1. Brown rice or barley
2. Low-sugar, high fiber cereal
3. Oatmeal
4. Quinoa
5. Canned beans
6. Canned soups
7. Canned fruits/vegetables
8. Spices & Condiments
  - a. Black pepper
  - b. Basil
  - c. Cinnamon
  - d. Curry powder
  - e. Garlic powder
  - f. Onion powder
  - g. Parsley
  - h. Rosemary
  - i. Thyme
  - j. Vanilla extract
  - k. Etc.
9. Whole grain pasta
10. Tomato sauce
11. Diced tomatoes
12. Frozen/Fresh Fruit or vegetables
13. Fruit juice 100%
14. Spaghetti sauce
15. Vegetable juice
16. Fresh Fruits & Vegetables

