

FOOD PANTRY NEEDS LIST

- **Standard size canned goods are best: 14-18 oz.**
- **No glass and industrial size cans**
- **NO EXPIRED FOOD donations, please check expiration dates before donating-thanks!**

Protein & Main Meals

Peanut Butter (plastic jars only) (Crunchy or Creamy)
Soups (Tomato, Chicken Noodle, Vegetable)
Dry Soup Mix
Canned or Large Pouch Tuna Fish
Canned White Chicken
Canned Turkey Breast
Baked Beans
Black Beans
Black-Eyed Peas
Chili
Canned Pastas (Spaghetti-O's, Ravioli, etc.)
Boxed Macaroni & Cheese
Hamburger Helper
Tuna Helper
Spaghetti & Pasta Noodles (bag or box)
Spaghetti Sauce (canned/plastic jars only)
Oatmeal (18 oz. container or boxed packets)
Cream of Wheat (18 oz. container or boxed packets)
Cereal (12-18 oz. boxes)
Powdered Milk
Ramen Noodles

Canned Vegetables

Green Beans
Peas
Collard & Mustard Greens
Spinach
Lima Beans
Corn
Carrots
Sweet Potatoes
Mixed Vegetables
Boxed/Pouch Rice (Uncle Ben's etc.)
Bagged Rice (white or brown)
Bagged Beans (all kinds)
Canned Tomato Products (sauce, diced or stewed, paste)

Canned Fruit & Juices

(Canned fruits needed-NOT individual cup serving packages)

Peaches
Pears
Mandarin Oranges
Pineapple
Fruit Cocktail
Apple Sauce (large plastic jars needed-not individual cup serving packages)
Grape or Strawberry Jelly or Jam (plastic bottle only)
Apple Juice (64 fl.oz canned or plastic only)
Grape Juice (64 fl.oz canned or plastic only)

Snacks

Crackers (Saltines, Ritz, Club, etc.)
Pretzels
Popcorn
Peanut Butter Crackers
Cheese Crackers
Nuts
Granola & Cereal Bars

Condiments/Beverages

Ketchup
Mustard
Mayonnaise
Coffee
Tea
Hot Chocolate

Baking Goods

Jello Mix
Pudding Mix
Cake Mix
Cornbread Mix
Pancake Mix
Muffin Mix
Bisquick
Frosting
Evaporated Milk

Diabetic

Splenda
Stevia
*Any items on this list labeled Low Sugar and/or Low Fat

Toiletries & Household Supplies

*Shampoo
*Bars of Soap (bulk size accepted- we will divide)
*Deodorant (Mens & Ladies)
*Toothpaste
*Toothbrushes (multi-pack accepted-we will divide)
Toilet Paper (bulk size accepted-we will divide)
Paper Towels (bulk size accepted-we will divide)
Liquid Dish Soap (plastic bottle only)
Household Cleaning Products
Disposable Razors
Diapers
(* Travel size accepted)

