Shopping List for Our Food Pantries

And the King will answer them, "Truly I tell you, just as you did it to one of the least of these who are of my family, you did it to me." Matthew 25:40

- **Proteins.** Canned meats such as tuna, chicken or fish are high in protein and low in saturated fat.

- **Soups and Stews.** They are filling, particularly the "chunky" soups

- **Prepared Meals.** (canned or boxed) such as macaroni and cheese.

- **Rice, Pasta and Corn Meal.** These are staples.

- **Cereals, including Oatmeal.** Breakfast cereals can be an additional source of protein, and most cereals today include a variety of vitamins and minerals.

- **Canned Vegetables.** Include tomatoes and tomato sauce. Often necessary for creating one dish meals.

- **Canned or dried Beans, Peas, and Lentils.** A staple of diets as early as 6700 B.C., beans is a low-fat source of protein and fiber.

- **Canned Fruits.** Don't forget applesauce!

- **Fruit Juice.** (in cans, plastic or boxed) Make sure it's 100% juice.

- **Beverages:** Coffee, Tea, Hot Cocoa

- **Shelf-stable Milk.** This includes dehydrated milk, canned evaporated milk.

- **Peanut Butter and Jelly.** Mixed in one jar is great!

- **Puddings and Cake Mix.** Everyone has a birthday!

- ** Crackers.** Don't forget the Graham Crackers!

- **Cooking Supplies.** Flour, Sugar, Oil, Salt, Pepper, Spices and spice packets.

- **Condiments.** Ketchup, Mayonnaise, Mustard, Pickles.

- **Cleaning Products** Laundry Soap, Dish Soap.


- **Personal Hygiene Products** Shampoo, Toothpaste, Bath Soap.

**Thank you for helping!**