

# FOOD PANTRY

## SHOPPING LIST

### READY TO EAT

RAVIOLI  
STEW, CHILI, SOUPS WITH MEAT  
PASTA MEALS THAT ONLY  
REQUIRE WATER TO PREPARE  
INSTANT OATMEAL  
MEAL KITS (SEE NOTES ON PAGE 2)  
INSTANT MASHED POTATOES  
**WHOLE-GRAIN** CEREALS  
PASTA & SAUCE TO GO WITH IT

### SNACKS

DRIED FRUIT  
PLAIN CRACKERS  
CRACKERS WITH PEANUT BUTTER & JELLY  
CRACKERS WITH CHEESE  
NUTS, NUT MIXES  
GRANOLA BARS  
FRUIT (IN JUICE)

### PANTRY

PANCAKE AND MUFFIN MIXES THAT  
ONLY REQUIRE WATER  
OIL (OLIVE, CANOLA, ETC.)  
SPICES (SALT, PEPPER, GARLIC POWDER,  
SPICE BLENDS, ETC.)  
BAKING POWDER  
BAKING SODA  
SUGAR  
FLOUR  
VANILLA

### CANNED

CHICKEN  
FISH (TUNA OR SALMON)  
BEANS (CANNED OR DRIED)  
SPAM/HAM  
VEGETABLES OF ALL KINDS  
TUNA KITS  
FRUIT (IN JUICE)

### BEVERAGES

SHELF-STABLE MILK (BOX OR BAG)  
JUICE BOXES (100% JUICE)  
COFFEE (GROUND BEANS OR INSTANT)  
TEA

### OTHER

DISH SOAP  
DEPENDS (ADULT PADS, DIAPERS)  
WOMEN'S SANITARY NAPKINS, TAMPONS  
TOILET PAPER  
LAUNDRY DETERGENT  
BABY DIAPERS (ALL SIZES)  
FORMULA  
BATH SOAP  
SHAMPOO  
DEODORANT  
DENTAL CARE SUPPLIES

### PLEASE TRY TO AVOID

JUNK FOOD (CANDY, FRUIT IN HEAVY SYRUP)  
JARS/GLASS (MIGHT BREAK IN TRANSIT)  
ITEMS THAT NEED SPECIAL EQUIPMENT TO OPEN  
FOODS THAT REQUIRE OTHER INGREDIENTS (MILK, OIL, ETC.) UNLESS YOU ARE PROVIDING  
THE OTHER INGREDIENTS  
EXPIRED ITEMS OR ITEMS THAT DON'T SHOW AN EXPIRATION DATE

**DROP OFF YOUR ITEMS AT THE COLLECTION SHELF IN THE COMMONS. PLEASE CHECK THE EXPIRATION DATE ON YOUR ITEMS AND LEAVE IN ORIGINAL PACKAGING.**



## REQUESTS & TIPS FROM FOOD PANTRIES REGARDING FOOD DONATIONS:

### MEAL KITS THAT DO NOT REQUIRE EXTRA INGREDIENTS.

KITS THAT INCLUDE CANNED MEAT, CANNED SAUCE, AND CANNED PASTA ALL IN ONE BOX ARE GREAT CHOICES. THIS MEANS THE PERSON RECEIVING THEM CAN MAKE THEM WITHOUT HAVING TO PURCHASE ADDITIONAL INGREDIENTS.

### PANCAKE AND MUFFIN MIX THAT ONLY REQUIRE WATER.

MIXES WHICH REQUIRE ADDITIONAL INGREDIENTS, SUCH AS OIL OR EGGS, SOMETIMES MAKE IT MORE DIFFICULT FOR A PERSON OR FAMILY TO MAKE THE FOOD ITEM.

### CANNED SOUP AND PASTA MEALS.

SOUPS OR EVEN CANNED RAVIOLI OR PASTA MEALS THAT DON'T REQUIRE ANYTHING OTHER THAN A HEAT SOURCE TO EAT ARE EXCELLENT FOR THOSE WHO HAVE LIMITED RESOURCES, INCLUDING SOMETIMES NOT A VERY WELL-EQUIPPED KITCHEN. POP-TOPS ARE BEST OR DONATE A CAN OPENER (IF POSSIBLE).

### CANNED MEAT.

TUNA, CHICKEN, SALMON, SPAM, OR SIMILAR TYPES OF MEAT ARE EXCELLENT CHOICES FOR DONATION. POTTED MEAT BLENDS, SARDINES, AND SIMILAR CHOICES ARE OFTEN DONATED BECAUSE THEY ARE INEXPENSIVE, BUT THESE ARE DIFFICULT TO GET A CHILD TO EAT NO MATTER HOW HUNGRY THEY ARE.

### VARIETY OF CANNED FRUITS.

THEY OFTEN GET FRUIT COCKTAIL AND PINEAPPLE, BUT PEACHES, PEARS, AND EVEN CHERRIES OR TROPICAL FRUIT BLENDS WOULD BE WELCOMED.

### BASIC STAPLE PANTRY ITEMS.

FLOUR, SUGAR, CORNMEAL, RICE, DRY BEANS, OIL, SHORTENING, BAKING SODA AND POWDER, VANILLA EXTRACT AND SEASONINGS OF ALL KINDS ARE ALWAYS WELCOMED. GARLIC, PEPPER, SALT, CHILI POWDER, ETC. CAN MAKE A MEAL MUCH MORE PALATABLE.

### SHELF STABLE MILK.

MILK IS HARD TO KEEP COLD, BUT INDIVIDUAL SERVING SIZES OF SHELF STABLE MILK ARE A GREAT CHOICE TO DONATE. THESE ARE ESPECIALLY NICE FOR FAMILIES WITH KIDS WHO CANNOT ALWAYS AFFORD THE MILK THEIR KIDS NEED.

### JUICE BOXES.

100% PURE JUICE IS ALWAYS NEEDED AT FOOD PANTRIES. THIS IS OFTEN GIVEN TO FAMILIES OF YOUNG CHILDREN AND GRABBING INDIVIDUAL JUICE BOXES MAKES IT SHELF STABLE AND EASIER TO PORTION.

**ALL DONATIONS GO TO SUPPORT THE MATTHEW 25:35 FOOD PANTRY IN OUR LOCAL AREA.**