

Faith's Food & Needs Pantry

Suggested Shopping List

- CANNED TUNA
- CANNED CHICKEN
- CANNED HAM
- CANNED BEEF
- SALMON/MACKEREL/SARDINES
- BEEF STEW
- CHICKEN & DUMPLINGS
- OTHER CANNED MEATS
- CANNED CHILI / CHILI MIXES
- CANNED SOUP / SOUP MIXES
- CRACKERS (saltine, salad, dip, etc.)
- PEANUT BUTTER
- JELLY OR JAM
- SPAGHETTI/OTHER PASTA
- SPAGHETTI SAUCE (canned or jar)
- INSTANT POTATOES
- MACARONI & CHEESE
- CANNED TOMATOES (whole, diced, sauce)
- CANNED CORN (whole kernel or cream style)
- CANNED GREEN BEANS & PEAS
- CANNED BEANS (pinto, white, limas, or mixed)
- CANNED MIXED VEGETABLES
- CANNED POTATOES (sliced or diced)
- CANNED CARROTS
- CANNED BLACK-EYED PEAS
- CANNED YAMS/SWEET POTATOES
- CANNED GREENS (turnip, spinach, kale, etc.)
- CANNED FRUITS (peaches, pears, pineapple, mandarine oranges, or fruit cocktail)
- APPLESAUCE
- CANNED JUICE (100% juice)
- EVAPORATED MILK
- SHELF MILK (no refrigeration until opened)

- PORK 'N BEANS
- INSTANT RICE
- DRIED BEANS (brown, northern, mixed, etc.)
- CEREAL (box or bagged)
- INSTANT/QUICK COOK OATS
- BREAKFAST/GRANOLA BARS
- JELLO OR PUDDING (instant or prepackaged)
- RAMEN NOODLES
- CORNBREAD OR MUFFIN MIXES
- INFANT FOODS & JUICES

PERSONAL HYGIENE PRODUCTS

- TOOTHPASTE
- TOOTHBRUSHES
- SOAP/BODY WASH
- SHAMPOO/CONDITIONER
- DEODORANT
- FEMININE PADS OR TAMPONS
- INFANT DIAPERS

PAPER PRODUCTS

- TOILET PAPER
- PAPER TOWELS

CLEANING SUPPLIES

- DISHWASHING LIQUID
- LAUNDRY DETERGENT/FABRIC SOFTNER
- OTHER HOUSEHOLD CLEANERS

Please keep food selections simple. Hard to prepare and exotic foods often stay on shelves for a lengthy time. Non-food items, along with food needs, are always welcomed as those on food stamps cannot purchase personal hygiene, paper products or cleaning supplies with their food stamps. No expired, opened or severely dented cans or packages, please. These cannot be used in the pantry.

Thank you for your donations.

Revised January 2010