

## **Help Your Neighbors by Donating:**

### **Shelf-Stable Food Essentials**

- ☐ Bars – Protein, Granola, Snack
- ☐ Beans – canned or dry
- ☐ Canned Chicken, Meat, Seafood
- ☐ Canned Fruits & Vegetables
- ☐ Cereal
- ☐ Pasta & Rice – plain or flavored
- ☐ Peanut Butter
- ☐ Soup, Stew, Chili
- ☐ Tomatoes or Tomato Sauce

### **Special Items just for Non-cooking bags**

- ☐ Beverages – Protein drink, Fruit juice, flavored or plain water
- ☐ Pop-top meal (e.g. Soup, Chili, SpaghettiOs)
- ☐ Pop-top chicken, meat, or seafood
- ☐ Pop-top fruit, single serve applesauce.
- ☐ Crackers, nuts & seeds

**Thanks!**

**Your First Pres  
Food Ministry**