

# PROTEINS

Shelf-stable proteins:  
Canned/pouched tuna  
Canned chicken, pork, beef  
Peanut butter  
Beans: canned and dried  
Shelf stable egg substitute

# VEGETABLES

Green beans  
Corn  
Mixed Veggies  
Tomato products: diced, sauce, whole, paste  
Peas, asparagus, spinach

# FRUITS

Canned: apples, peaches, pineapples, pears, pumpkin  
Fruit cups  
Dried fruits: cranberries, prunes

# STARCHES

Potatoes: canned, instant  
Mac and cheese  
Pasta: dried, spaghettiO's, chef boyardee meals  
rice

# PANTRY ITEMS

Powdered and canned milk  
shelf stable cheese products  
Seasonings and spices  
Condiments and sauces

# BREAKFAST FOODS

Cereal  
Oatmeal  
Granola Bars  
Biscuit and pancake mixes



# MONEY

For every \$1 donated we can collect, store and distribute enough for 8 meals!  
Create a virtual food drive at the link below or by using the QR code.  
<https://godspantry.fenly.org/>