

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/>

