

# FOUR or more!

for



**Our Goal:** to provide our FaithWorks Pantry with a consistent supply of the 48 food items they need most throughout the year.

Please keep this list in a prominent place and refer to it when you shop for groceries. If everyone at FaithWestwood can contribute a minimum of 4 items per month, we can significantly reduce expenses for the pantry and make it possible to continue serving patrons twice a month.

Drop off donations in the canvas collection bin in the foyer on Sunday mornings or outside the FaithWestwood offices during the week. Thank you for your support for our FaithWorks Pantry!

## 48 items the FaithWorks Pantry needs throughout the year

### Main Dish

- Hamburger Helper - box
- Tuna Helper - box
- Canned ravioli
- Canned chili
- Large soup 15 - 18 oz. (like Chunky Soup)
- Boxed macaroni and cheese

### Other Canned

- Chicken noodle soup
- Cream of chicken soup
- Cream of mushroom soup
- Tomato soup
- Spaghetti sauce
- Miscellaneous soup not listed above

### Beans

- Pork 'n' beans
- Chili beans
- Great northern beans
- Black beans
- Refried beans

### Peanut Butter

- Creamy peanut butter
- Chunky peanut butter

### Canned Meat

- Canned chicken
- Canned tuna

### Juice

- 64 oz. fruit juice

### Veggies

- Green beans
- Peas
- Mixed vegetables
- Corn
- Carrots
- Mashed potatoes - box or envelope
- AuGratin or scalloped potatoes - boxed
- Diced tomatoes
- Tomato sauce
- Tomato paste

### Fruit

- Canned pineapple
- Canned oranges
- Canned peaches
- Canned pears
- Fruit Cocktail

### Breakfast

- Adult cereal
- Kid's cereal
- Pancake mix
- Pancake syrup
- Granola or breakfast bars
- Boxed oatmeal (individual packets)

### Pasta and Rice

- Boxes or bags of pasta
- Spaghetti
- Instant rice (box) or bags of rice
- Rice-a-Roni boxes
- Knorr rice/pasta side dish envelopes