

PHILADELPHIA CHURCH FOOD PANTRY DONATION GUIDE

* Quick-prep or ready-to-eat item

CANNED PROTEINS

- Tuna*
- Chicken*
- Salmon*
- Sardines
- Vienna Sausages*
- Chili with Meat*
- Beef Stew*

CANNED MEALS

- Spaghetti Meals*
- Ravioli or Chef Boyardee*
- Chunky or Condensed Soups*
- Canned Hash*
- Canned Tamales*

VEGETABLES AND FRUIT

- Corn
- Green Beans
- Peas
- Carrots
- Mixed Vegetables
- Tomatoes
- Peaches*, Pears and Pineapple

DRY GOODS AND STAPLES

- Rice and Pasta
- Ramen or Instant Noodles*
- Macaroni and Cheese
- Instant Potatoes
- Shelf-Stable Milk

BREAKFAST AND SNACKS

- Cereal and Oatmeal*
- Granola Bars*
- Crackers and Pretzels
- Peanut Butter and Jelly
- Applesauce or Mixed Fruit

BABY AND SPECIAL DIET

- Baby Food*
- Low-Sodium Vegetables
- Gluten-Free Soups
- Diabetic-Friendly Foods

PERSONAL CARE ITEMS

- Toothpaste and Toiletries
- Soap and Deodorant
- Feminine Products

OUTERWEAR ONLY

- Coats, Hats and Gloves
- Socks and Blankets

PERISHABLE DONATION POLICY

All donated food items must have an expiration date at least six months away.
Please receive approval from the Pantry Administrator before bringing perishable donations.