



FOOD PANTRY NEEDS

VEGETABLES

- Canned carrots
- Canned corn
- Canned sweet peas
- Potatoes
- Canned tomatoes (tomato sauce, tomato paste, etc.)

FRUITS

- Plastic jars of applesauce
- Canned cranberry sauce
- Canned fruit cocktail
- Canned pears
- Canned pineapple

MEATS/FISH

- Cans of chili
- Canned fish (mackerel, salmon, tuna)
- Canned meat (chicken, corned beef, ham)
- Cans of spaghetti & meatballs

SOUPS

- Bouillon (chicken, beef, pork, vegetable)
- Dried soup
- Canned soup (chicken noodle, cream of mushroom, beef stew, chowder, vegetable, etc.)

DRINKS

- Dry instant drink mixes (fruit drinks, cocoa, tea, coffee)
- Fruit juice (orange, pineapple, etc.)
- Vegetable juice

CEREAL

- Cream of wheat
- Grits
- Granola and dry cereals
- Oatmeal (instant or slow cook)

PANTRY STAPLES

- Pancake mix
- Corn meal
- Evaporated milk
- Flour (self-rising and all-purpose)
- Jelly (plastic jars)
- Pasta (noodles, macaroni & cheese)
- Cans or dried bags of beans (pintos, kidney, navy, black-eyed peas, etc.)
- Peanut butter
- Powdered milk
- Rice
- Stuffing mix
- Sugar

In addition, GBM's clients can use household items such as: soap, shampoo, toothpaste, deodorant, toilet tissue, facial tissues, washing detergent, cleaning wipes, sanitizers, etc.)