GOD'S HELPING HAND PANTRY NEEDS

Non-perishable foods: NO glass containers; and small sizes so they're easy to carry. Also, pop-top cans are great for those who may not have access to a can opener or power, but are not required.

- Cereal or Oatmeal
- Canned meat (chicken, Vienna sausages, etc.) and canned fish (tuna, salmon)
- Canned meals (beef stew, chicken/dumplings, chili, etc.)
- Soups
- Fruit (can and or individual serving)
- Canned vegetables
- Pasta sauce and pasta / mac and cheese
- Potatoes /rice meals (box /bag)
- Snacks (fruit snacks, cookies, popcorn, chips, etc.)
- Milk (shelf stable)
- Peanut butter/ Jelly
- Ramen noodles
- Crackers
- Salt and pepper
- Breakfast bars/ snack bars

Household Products: #1,2,3,4: smaller sizes, please! "Economy size" is too heavy.

1. Dish washing liquid
2. Laundry detergent
3. Bleach
4. Disinfecting cleaner
5. Hand soap
6. Bath soap
7. Hand Sanitizer
8. Paper Towels
9. Toilet Paper
10. Disposable face masks