**Food Pantry Donation Suggestions**

Some things to keep in mind…

* Non-perishable foods are strongly recommended and most helpful,
* Pull tabs on canned goods are preferred especially since some of our clients do not have can openers or access to can openers
* We are limited in the amount of canned goods we can provide clients who take the bus or travel by foot, so things like mac n’ cheese, tuna pouches, Just Add Water Mixes/Box Mixes (mashed potatoes, rice etc) are very helpful
* Many of our clients only have access to microwaves especially if they are staying at hotels/motels.
* Instant or boxed pasta (i.e., mac and cheese, ramen)
* Instant or dry rice (i.e. Rice Roni)
* Canned Chicken
* Canned Meat (i.e., SPAM, sausage, beef)
* Dried meat (i.e., jerky)
* Fish pouches/cans (i.e., tuna, salmon, sardines)
* Canned or jarred soup
* Boxed broth (i.e., vegetable broth, chicken broth, beef broth)
* Canned chili
* Canned ravioli
* Canned or jarred sauce
* Canned vegetables
* Canned fruit
* Dry or jarred beans
* Shelf-stable milk (almond, soy, oat, coconut), powdered milk, canned evaporated milk
* Instant oatmeal
* Just add water mixes (i.e., mashed potatoes, pancake mix, powdered milk)
* Granola bars
* Crackers
* Popcorn
* Nuts
* Raisins
* Applesauce
* Peanut butter
* Jelly/Jam
* Condiment bottles or packets (i.e., Salad dressing, oil, mayonnaise, ketchup, mustard, soy sauce, vinegar)
* Spices and seasonings (i.e., salt, garlic powder, black pepper, thyme, oregano, paprika, onion powder)
* Cooking oil/spray
* Sugar
* Honey
* Syrup

**Other items that are helpful, especially for clients in a motel/emergency shelter**

* Electric Tea Kettles
* Dash Cookers (mini electric griddles)
* Dash Rice Cooker (mini rice cooker)
* Microwave Ramen Cooker
* Microwave Noodle Cooker
* Paper plates, napkins/paper towels, plastic utensils
* Dish soap and cleaning supplies
* Reusable plastic cups/water bottles

**Ideas for “Meal Kits” for Clients**

Meal 1: Spaghetti Sauce, Spaghetti Noodles, Shelf-stable Parmesan Cheese

Meal 2: Corn muffin mix, canned corn, canned black beans, and jarred salsa

Meal 3: Mac and Cheese, Shelf Stable Milk, Canned Green Beans

Meal 4: 2 Cream of Chicken/Mushroom Soup, 2 Cans of Mixed Vegetables, Box of Mashed Potatoes

Meal 5: Canned Tuna, Canned Cream of Mushroom Soup, Canned Mushrooms, Water, and Instant Rice

In a bowl, combine tuna, condensed soup, mushrooms, and just enough water to make it saucy. Spoon over or mix in with instant rice.

Meal 6: Canned tuna, soy sauce, vinegar, garlic powder, black pepper, and cream or mayonnaise

Combine tuna and its oil or water with soy sauce, vinegar, garlic powder, pepper, and cream or mayonnaise to taste.

Meal 7: Instant noodles/ramen, canned vegetables, soy sauce/sesame oil

Meal 8: Instant rice, canned beans, (optional: jarred sauce, canned vegetables)

Meal 9: Canned chicken or salmon, olive oil, pasta/noodles, jarred alfredo sauce, shelf-stable parmesan cheese, salt, pepper, (optional: canned vegetables)

Meal 10: Canned chicken, rice, canned vegetables, cream of mushroom soup

**Birthday Cake Kit**

* 9×13 disposable aluminum foil pan
* Box of cake mix
* 1 can of sprite or other lemon lime soda in case the recipient doesn’t have eggs or oil
* Frosting and sprinkles/cake decorations
* birthday candles and matches

Directions: Replace eggs/oil with can of sprite and cook as directed