

FBC Food Pantry List of Foods

1 box Saltine Crackers

1 pkgs. Macaroni and Cheese

(These average out to about \$1.50

1 16/24. Pkg. Spaghetti

per item. Individuals are not limited to

1 16 oz..Pkg. Noodles

number of items requested, but as many

1 2 lb. Pkg (bag) dried Pinto beans

as they would like to buy—or could give

1 3 lb. Pkg. (bag) dried rice

the "monetary equivalent" of the item/s.

1 jar peanut butter (16 oz.)

"Or monetary equivalent" could be put on

1 can evaporated milk (12 oz. can)

each item when printed.)

4 cans vegetables (can be any combination or same three of corn, green beans, tomatoes, carrots, peas, or mixed vegetables or black beans or misc. beans) (usually 14 oz cans)

3 cans fruit (can be any combination or same three of large can of pineapple, or 14 oz. cans of peaches, pears, mandarin oranges, fruit cocktail)

2 cans tuna (5 oz. can)

1 can chicken breast (12.5 oz.)

1 box of breakfast cereal

2 cans Sardines

4 pkgs of dried Ramon Noodle chicken or beef soup

1 can spaghetti sauce (no glass jars, please)

We spend approximately \$20 on entire bag of groceries (includes the list above) for each family who comes to the food pantry. (They do have choices of items.)