

A guide to items for the food pantry

Meats and pasta

Tuna – 4 oz.

Chicken or ham – 5 oz.

Spam

Hormel Compleats

Chef Boyardee microwaveable snacks – beefaroni, ravioli, etc.

Spaghetti & meatballs, ravioli, pasta rings, beefaroni, etc. – 15 oz.

Pasta sauce – 24 oz. jars or cans

Pasta – any kind, but especially elbows

Kraft macaroni and cheese – 7.25 oz. box or microwaveable cups

Soup and noodles

Soup – please, no lentil or split pea

Cup of Soup or Cup of Noodles

Ramen noodles

Fruits and vegetables

Fruit cocktail, pears, peaches – 15 oz. (no sugar added), or Dole 4-packs

Applesauce – 23 oz. or 6-packs

Green beans, corn, peas, carrots – 15 oz. (no salt added)

Baked beans – 16 oz.

Peanut butter and miscellaneous

Peanut butter – 16 oz.

Jelly – 18 oz.

Cereal – please, no individual size containers

Hot cereal

Juice – 64 oz.

Instant coffee – 8 oz.

Coffee Mate – 11 oz.