

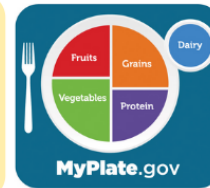
COUNCIL OF CHURCHES FAITH MARKET





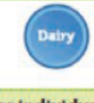


DONATION GUIDE OF PANTRY ITEMS NEEDED

HEALTHY NON-PERISHABLE FOODS

DONATE FOODS THAT WOULD FILL A HEALTHY
AND SAFE PLATE BASED ON
MYPLATE RECOMMENDATIONS.



Food Group	Suggested Non-Perishable Items
	Canned in light syrup or juice; dried: - peaches - fruit cocktail - oranges - pears - applesauce - apples - cranberries (canned/dried) - raisins - pineapple - 100% fruit juice
	Low sodium canned: - corn - peas - carrots - beets - green & wax beans - mixed vegetables - sweet potatoes/yams - tomatoes and tomato sauces - soup
	Healthful Grains: - whole-grain crackers - brown rice - whole grain pasta - whole-grain breakfast cereal - whole wheat flour - cornmeal - oatmeal - granola bars
	Protein Foods: - canned or dried beans: kidney, navy, garbanzo, pinto, great northern, black - canned tuna or salmon (water packed) - canned chicken - nuts: walnuts, pecans, peanuts, almonds - nut butters
	Dairy: - nonfat dry milk - evaporated milk - shelf-stable (UHT) milk
For individuals with limited kitchen access: - single-serve, canned pull-tab foods such as fruits, vegetables, pastas, stews, chili, beanie-weenies, ravioli, meats such as Vienna sausages, chicken and noodles, pasta with meat, etc. - individual 100% juice boxes	



\$ MONETARY DONATIONS \$

MAKE CHECK TO UMC MEMO: FOOD PANTRY
ACCEPTED FOR FOOD PANTRY TO PURCHASE
PERISHABLE ITEMS LIKE MILK, MEAT,
FRESH FRUIT AND VEGETABLES

PAPER PRODUCTS

TOILET PAPER, PAPER TOWELS, NAPKINS, FEMININE
PRODUCTS, DIAPERS, WIPES



TOILETRIES AND CLEANING SUPPLIES

SHAMPOO, CONDITIONER, TOOTH PASTE, TOOTH BRUSH, SOAP,
HOUSEHOLD CLEANERS