

Can you help?
MOUNTAIN EMPIRE FOOD PANTRY
NEEDS STAPLES . . .



The following is a list of items we can ALWAYS use to help maintain our food bank. Please make sure cans are not dented at the rim or more than a 1 year past use date.

CANNED MEAT--BEEF, PORK, SPAM

NON-SUGAR CEREAL – OATMEAL, CHERRIOS, CRISPEX, RICE KRISPIES, etc.

BISQUICK, CORN BREAD MIXES, CAKE MIX, PUDDINGS, JELLO CUPS

CRACKERS AND COOKIES, GRANOLA BARS, PROTEIN BARS

MACARONI & CHEESE, RICE-A-RONI'S, HAMBURGER HELPER

DRIED BEANS

SPAGHETTI, MIXED PASTAS & SPAGHETTI SAUCE, RAMEN NOODLES

CANNED VEGETABLES -- CORN, BEANS, POTATOES, CARROTS, SPINACH, MIXED, PEAS, etc.

CANNED FRUIT-- PEACHES, FRUIT COCKTAIL, PEARS, APPLESAUCE etc.

RAISINS, CRAISINS, ANY DRIED FRUIT

PEANUT BUTTER & JELLY OR HONEY

CONDIMENTS

TORTILLAS

CHEESE

HERBS AND SPICES

SOUPS—ALL KINDS INCLUDING: CHILI, RAVIOLI, STEWS

DIAPERS—ALL SIZES

PERSONAL & HOME ITEMS—SOAP, SHAMPOO, TOOTHPASTE, TOOTHBRUSHES, LAUNDRY SOAP, TOILET

PAPER, PAPER TOWELS, NAPKINS, KLEENEX, SPONGES, DISH SOAP, 1ST AID ITEMS,

Don't let your neighbors go hungry, ever!