

**Second Baptist Church
Food Pantry List**

A - Ba	Be - Cham	Chan - Dan
<u>Canned Meats</u>	<u>Canned Vegetables</u>	<u>Peanut Butter and Beans</u>
<ul style="list-style-type: none"> • Tuna in water • Chicken • Salmon • Spam 	<ul style="list-style-type: none"> • All varieties • Mixed Vegetables • Potatoes • Collard Greens 	<ul style="list-style-type: none"> • Baked and Pork & Beans • Butter/Lima Beans • Pinto/Navy • Dried Beans
Dao - Far	Fer - Ge	Gh - Ha
<u>Milk and Fruit Juice</u>	<u>Canned Fruit and Fruit Cups</u>	<u>Pasta and Pasta Sauces</u>
<ul style="list-style-type: none"> • Box Shelf Stable Milk • Canned Milk • 100% Juice (variety) • Milk/Juice in single serving boxes 	<ul style="list-style-type: none"> • All varieties (packed in juice) • Applesauce • Mixed Fruit • Peaches 	<ul style="list-style-type: none"> • All varieties (including whole grain pasta) • Tomato based (Spaghetti/Marinara) • Cheese, Alfredo sauces
Hb - I	J - K	L - Mo
<u>Healthy Kids Snacks</u>	<u>Dinner Kits</u>	<u>Meals in a Can</u>
<ul style="list-style-type: none"> • Granola Bars • Graham Crackers • Dried Fruit Snacks • Trail Mix 	<ul style="list-style-type: none"> • Hamburger Helper • Velveeta Skillets • Banquet Homestyle Bakes • Prego Ready Meals 	<ul style="list-style-type: none"> • Stew • Chili (with beans) • Soups (all varieties) • Chowder
Mu - P	Q - Si	Sj - Tuc
<u>Instant Sides</u>	<u>Breakfast Items</u>	<u>Milk and Fruit Juice</u>
<ul style="list-style-type: none"> • Potato mixes • Plain/Brown Rice and Rice mixes • Mac & Cheese mix • Pasta mixes 	<ul style="list-style-type: none"> • Oatmeal/Grits/Cream of Wheat (also instant) • Low-Sugar Cold Cereals • Pancake Mix (no eggs required) 	<ul style="list-style-type: none"> • Box Shelf Stable Milk • Evaporated Milk • 100% Juice (variety) • Milk/Juice in single serving boxes
Tud - Z	**Dos**	**Don'ts**
<u>Oils, Condiments, etc.</u>		
<ul style="list-style-type: none"> • Sugar, Flour, Spices • Gravy/Soup Seasoning Packets, • Mayonnaise, Syrup • Cooking Oil and Spray • Salad dressing 	<ul style="list-style-type: none"> • Buy family size if available • Buy canned foods with pop-top lids • Include low sodium, diabetic, gluten free food • Think about what you would want to eat at your dinner table. 	<ul style="list-style-type: none"> • Do not donate food packaged in glass. • Do not donate food that are past the expiration date, damaged, opened or used.