

# St. John's Food Pantry

## Shopping List

As you're shopping for groceries, please consider buying some for our Food Pantry, and bring it to church on CROP Walk Sunday, October 19, 2014.

Many Thanks!

- ☐ Peanut butter or jelly
- ☐ Tuna
- ☐ Meat (canned chicken, spam, etc.)
- ☐ Vegetables (fresh or cans)
- ☐ Fruit (fresh, cans, or jars)
- ☐ Pork & beans (large can or small cans)
- ☐ Soup (cans)
- ☐ Spaghetti or other pasta (1 lb. pkgs)
- ☐ Pasta sauce (jars or cans)
- ☐ Macaroni & cheese (boxes)
- ☐ "Helper" (for hamburger, chicken, or tuna)
- ☐ Cereal



Here's what we put into each monthly supplemental food package that we give:

### Family (3 or more people):

Peanut butter or jelly (1 jar)  
Tuna (1 can)  
Meat (1 can)  
Vegetables (6 cans)  
Fruit (1 large can or jar)  
Cereal (1 box)  
Rice (4 c. or 1 packaged mix)  
Spaghetti (1 lb)  
Other pasta (1 lb box)  
Pasta sauce (1 jar)  
Macaroni & cheese (2 boxes)  
"Helper" (1 box)  
Soup (4 cans)  
Pork & beans (1 large can)  
2 "extra" items (snack bar, etc.)

### Single or couple:

Peanut butter or jelly (1 jar)  
Tuna (1 can)  
Meat (1 can)  
Vegetables (3 cans)  
Fruit (1 small can)  
Cereal (1 box)  
Rice (2 c. or 1 packaged mix)  
Spaghetti (1 lb)  
Other pasta (1 lb box)  
Pasta sauce (1 jar)  
Macaroni & cheese (1 box)  
"Helper" (1 box)  
Soup (2 cans)  
Pork & beans (1 small can)  
1 "extra" item (snack, etc.)