

Stock the Pantries Calendar 2024



Each month consider donating the suggested items to keep **Micah's Mini Pantry (MMP)** and Blacksburg Interfaith Food Pantry (**BIFP**) shelves full.



January	February	March
 <p>Individual Oatmeal Packets and Canned Vegetables (MMP) – Pull tabs make for easy access.</p> <p>Condiments (BIFP) – Mayonnaise, Ketchup, Mustard or Salad Dressing are helpful condiments for rounding out a meal.</p> 	 <p>Peanut Butter & Jelly and Ravioli, SpaghettiOs (MMP) – Plastic containers are safer.</p> <p>Souper Bowl Sunday (BIFP) – The Pantry always needs Hearty Soups such as Progresso, Chili, or Chunky soups.</p> 	 <p>Canned Pasta (i.e., Ravioli, SpaghettiOs or Mac & Cheese Cups (MMP) - Quick and hardy meals. Pull tabs are appreciated.</p> <p>Pancake Mix & Syrup (BIFP) – Pancakes with butter and syrup make a filling meal.</p> 
April	May	June
 <p>Toothbrushes, Toothpaste, Dental Floss, Deodorant, Shampoo, Conditioner, Liquid Hand Soap (MMP) – These products are important to good health.</p> <p>Peanut Butter / Jelly (BIFP) - Always good comfort food.</p> 	 <p>Individual Fruit Cups, Snack Crackers, & Juice Boxes (MMP) – Great on the go meal.</p> <p>Canned Fruit (BIFP) – (in juice, low sugar) makes for a balanced diet.</p> 	 <p>Flavored Rice Pouches, Ramen Noodles (MMP) – With additional protein makes a filling meal.</p> <p>Canned Vegetables (low sodium) (BIFP) – Veggies are good for the heart. Don't forget the greens such as turnip or spinach.</p> 
July	August	September
 <p>Tuna Pouches, Canned Fruit (MMP) – Fruit in juice is preferable and a pull-tab top.</p> <p>Grounded Coffee or Tea Bags (BIFP) – All of us enjoy a cup of coffee or tea in the morning.</p> 	 <p>Peanut Butter & Jelly, Juice boxes (MMP) – Plastic Containers are preferred.</p> <p>Canned Chicken, Tuna, or Beef Stew (BIFP) – provides protein for a filling meal.</p> 	 <p>Boxed Pasta, Pasta Sauce (MMP) – Pasta sauce in cans or plastic are preferable.</p> <p>Hamburger Helper, Tuna Helper, Chicken Helper (BIFP) – Helps to expand hamburger, chicken, or tuna into a meal.</p> 
October	November	December
 <p>Dish Soap, Sponges, Clorox Wipes, Multi-Surface Cleaner (MMP) – Needed for healthy living.</p> <p>Instant Mashed Potatoes – (BIFP) Filling and a great addition to recipes.</p> 	 <p>Canned Chicken, Tuna Pouches (MMP) – Great sources of protein.</p> <p>Spaghetti Sauce & Noodles – (BIFP) Always a staple in providing a cheap but filling meal.</p> 	 <p>Soups, Stews, & Chili, Protein Bars, Granola Bars (MMP) – Great on a cold evening.</p> <p>Boxed Macaroni and Cheese – (BIFP) Everyone loves cheese!</p> 