Stock the Pantries Calendar 2025

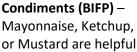


Each month consider donating the suggested items to keep Micah's Mini Pantry (MMP) and Blacksburg Interfaith Food Pantry (BIFP) shelves full.



January

Individual Oatmeal Packets and Canned Vegetables (MMP) - Pull tabs make for easy access.



condiments for rounding out a meal.



Peanut Butter & Jelly, and canned pasta such as Ravioli or SpaghettiOs

(MMP) - Plastic containers are safer.

February

Souper Bowl Sunday (BIFP) - The Pantry always needs Hearty Soups such as

Progresso, Chili, or Chunky soups. May

March

Canned Pasta (i.e., Ravioli, SpaghettiOs or Mac & Cheese Cups



(MMP) - Quick and hardy meals. Pull tabs are appreciated.

Pancake Mix & Syrup (BIFP) - Pancakes with butter and syrup make a filling meal.



Personal Hygiene Products (MMP) – These products are important to good health.

Peanut Butter / Jelly (BIFP) - Always good comfort food.







Individual Fruit Cups, Snack Crackers, & Juice Boxes (MMP) - Great on the go meal.

Canned Fruit (BIFP) -(in juice, low sugar) makes for a balanced diet.



June



Flavored Rice Pouches, Ramen Noodles (MMP) -With additional protein makes a filling meal.

Canned Vegetables (low sodium) (BIFP) - Veggies are good



for the heart. Don't forget the greens such as turnip or spinach.

July



Tuna Pouches, Canned Fruit (MMP) - Fruit in juice is preferrable and a pull-tab top.

Ground Coffee or Tea Bags (BIFP) - All of us enjoy a cup of coffee or tea in the morning.



August



Peanut Butter & Jelly, Juice boxes (MMP) – Plastic Containers are preferred.

Canned Chicken or Tuna (BIFP) –provides protein for a filling meal.



September



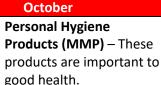
Boxed Pasta, Pasta Sauce (MMP) - Pasta sauce in cans or plastic

are preferrable.

Chicken Helper (BIFP)

- Helps to expand

hamburger, chicken, or tuna into a meal.



Instant Mashed Potatoes

- (BIFP) Filling and a great addition to recipes.



November

Canned Chicken, Tuna Pouches (MMP) – Great sources of protein.

Canned Chili or Beef Stew - (BIFP) Always a staple in providing a cheap but filling meal.

December

Hamburger Helper, Tuna Helper,

Soups, Stews, & Chili, Protein Bars, Granola Bars (MMP) -Great on a cold evening.

Boxed Macaroni and Cheese - (BIFP) Everyone loves cheese!





