

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