

M28 Ministries Pantry Food List

These are the food items we keep in the pantry, to help the family's receiving food with meal planning. When donating to the pantry please give items from this list to help us give a combination of foods that will most benefit the families in cooking healthy high protein meals at home. **The highlighted items are the ones we have a hard time keeping on hand.**

Canned Complete Meals (pull tab if available)

Dinty Moore's

Chicken noodle soup

Chunky Soups (any brand ready to eat)

Spaghetti-o's

Beef Raviolis

Chili with or without beans

Canned Soups for Meals

Cream of chicken soup

Cream of mushroom soup

Canned Vegetables

Peas

Green beans

Corn

Diced Tomatoes

Canned Proteins

Canned beans (any variety)

Tuna

Chicken

Spam

Vienna sausage

Breakfast

Individual cereal bowls or boxes (variety)

Large cereal boxes of Corn Flakes or Rice Krispies (any brand)

Oatmeal (individual packets)

Pancake mix complete—just add water

Pancake syrup

Pantry Staples

Rice (single bags)

Dried beans (single bags—any variety)

Lintels (single bags)

Spaghetti sauce jars

Spaghetti Noodles

Elbow Macaroni

Mac and cheese boxes

Chicken helpers

Tuna Helpers

Peanut Butter

Jelly

Dry Milk

****Also Needed Diapers sizes 2-5****

M28 Ministries 2001 SW D Ave. Lawton www.m28ministries.org 580-695-5196
Drop off days are Tuesdays & Thursdays from 10am-2pm