

Bridge House Pantry Food List

These are the food items we keep in the pantry, to help the families 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.

Canned Complete Meals

Dinty Moore's (pull tab)
Chicken noodle soup (pull tab)
Campbell's Chunky Soups (pull tab)
Spaghetti-o's (pull tab)
Beef Raviolis (pull tab)
Chili with or without beans (pull tab--Aldi)

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—pull tab)
Tuna
Chicken
Spam
Vienna sausage

Breakfast

Individual cereal bowls or boxes (variety)
Large cereal boxes of Corn Flakes or Rice Krispies (any brand)
Oatmeal canister (not individual packets and any brand—small)
Pancake mix complete—just add water
Pancake syrup

Pantry Staples

Rice (single bags)
Dried beans (single bags—any variety)
Spaghetti sauce jars
Spaghetti Noodles
Elbow Macaroni
Mac and cheese boxes
Chicken helpers
Tuna Helpers
Peanut Butter
Jelly
Dry Milk

Cleaning Supplies

Bleach
General purpose cleaner
Sponges
Glass cleaner
Dish Soap

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