

## **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.

### **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](http://www.m28ministries.org) 580-695-5196**  
**Drop off days are Tuesdays & Thursdays from 10am-2pm**