

MICAH'S CLOSET FOOD PANTRY

- Standard size canned goods are best: 14-29 oz. Easy-open is best.
- PLEASE, No industrial or warehouse size cans!
- NO EXPIRED FOOD is accepted!

PROTEINS

Peanut Butter (Crunchy or Creamy)
Soups (Tomato, Chicken Noodle, Vegetable)
Dry Soup Mix (Ramen Noodles)
Canned Tuna Fish
Canned Chicken or Turkey Breast
Canned Beans
Canned Chili (meat or meatless)
Canned Pastas (Spaghetti-O's, Ravioli, etc.)
Bagged Brown and White Rice
Bagged Beans
Boxed Macaroni & Cheese
Tuna & Chicken Helper
Spaghetti & Pasta Noodles (bag or box)
Spaghetti Sauce (canned/plastic jars only)
Oatmeal (18 oz. container or boxed packets)
Cereal (low sugar: Cheerios, Rice Krispies,
Cornflakes)
Evaporated Milk

VEGETABLES

Green Beans
Peas
Corn Niblets & Creamed
Carrots
Potatoes
Mixed Vegetables
Canned Tomato Products (all types)
Dry Mashed Potato Flakes
Scalloped Potato Mixes

FRUITS

Mixed Fruit
Peaches
Pears
Mandarin Oranges
Apple Sauce (large plastic jars)
Grape or Strawberry Jelly or Jam
(plastic preferred)
Apple Juice (64oz can or plastic only)

SNACKS

Crackers (Saltines & Ritz-in sleeves so
that boxes can be divided)
Microwave Popcorn
Peanut Butter Crackers
Granola & Cereal Bars & Pop Tart Pas-
tries
Fruit Snacks
Animal Crackers
Goldfish Crackers

CONDIMENTS, DRINKS, BAKING

Ketchup
Mustard
Coffee (large containers preferred, we
will divide)
Tea Bags (Black Tea for hot or iced)
Hot Chocolate Packets
Jiffy Cornbread and Muffin Mixes
(made w/water)
Pancake Mix (made w/water ONLY)
Pancake Syrup