

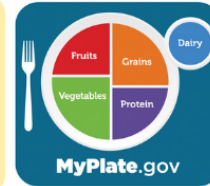
# COUNCIL OF CHURCHES FAITH MARKET





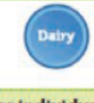


## DONATION GUIDE OF PANTRY ITEMS NEEDED

### HEALTHY NON-PERISHABLE FOODS

DONATE FOODS THAT WOULD FILL A HEALTHY  
AND SAFE PLATE BASED ON  
MYPLATE RECOMMENDATIONS.



Food Group	Suggested Non-Perishable Items
	<b>Canned in light syrup or juice; dried:</b> - peaches - fruit cocktail - oranges - pears - applesauce - apples - cranberries (canned/dried) - raisins - pineapple - 100% fruit juice
	<b>Low sodium canned:</b> - corn - peas - carrots - beets - green & wax beans - mixed vegetables - sweet potatoes/yams - tomatoes and tomato sauces - soup
	<b>Healthful Grains:</b> - whole-grain crackers - brown rice - whole grain pasta - whole-grain breakfast cereal - whole wheat flour - cornmeal - oatmeal - granola bars
	<b>Protein Foods:</b> - canned or dried beans: kidney, navy, garbanzo, pinto, great northern, black - canned tuna or salmon (water packed) - canned chicken - nuts: walnuts, pecans, peanuts, almonds - nut butters
	<b>Dairy:</b> - nonfat dry milk - evaporated milk - shelf-stable (UHT) milk
<b>For individuals with limited kitchen access:</b> - single-serve, canned pull-tab foods such as fruits, vegetables, pastas, stews, chili, beanie-weenies, ravioli, meats such as Vienna sausages, chicken and noodles, pasta with meat, etc. - individual 100% juice boxes	



### \$ MONETARY DONATIONS \$

MAKE CHECK TO UMC MEMO: FOOD PANTRY  
ACCEPTED FOR FOOD PANTRY TO PURCHASE  
PERISHABLE ITEMS LIKE MILK, MEAT,  
FRESH FRUIT AND VEGETABLES

### PAPER PRODUCTS

TOILET PAPER, PAPER TOWELS, NAPKINS, FEMININE  
PRODUCTS, DIAPERS, WIPES



### TOILETRIES AND CLEANING SUPPLIES

SHAMPOO, CONDITIONER, TOOTH PASTE, TOOTH BRUSH, SOAP,  
HOUSEHOLD CLEANERS