

## Most Needed Items at the CUMC Food Pantry

Our goal is to give our guests enough food to last approximately one week. We also provide hygiene and cleaning items that are not covered by food stamps.

**We give each guest at least 2 of these items per visit. Serving 300 families a month, that translates to needing at least 600 of each item every month or 7,200 of each item per year!**

Canned Soup (with meat & vegetables)	Canned chili	Crackers	Canned tuna and Canned chicken
Cereal	Canned ravioli	Canned tomatoes	Canned beans
Canned beef stew	Oatmeal	Canned vegetables	Canned fruit
Packaged side dishes (pasta, rice, mac & cheese, etc.)	Peanut Butter	Jelly	Muffin mix
Pasta	Pasta sauce	Ramen noodles	White and brown rice

**We provide each guest with at least 1 of these items per visit. That translates to 300 of each item every month or 3,600 every year!**

Toothpaste	Toilet Paper	Paper Towels	Laundry Detergent
Shampoo	Soap	Dish Detergent	



**Your cash donations allow us to provide fresh bread, fruits, vegetables and protein items whenever possible.**