

BETHESDA HELP PANTRY STOCKED ITEMS



The need is constant. Give often.

GRAINS	▪ Instant oatmeal packets (6 or 12 individual packs) ▪ Oatmeal (round box) ▪ Cereal ▪ White and Brown Rice (1 lb. bag) ▪ Pasta (any type) white or whole grain (1 lb. box) ▪ Mac 'n Cheese (7.25 oz)
CANNED PROTEIN	▪ Tuna (packed in water) – 5 oz ▪ Chicken – 12.5 oz ▪ Salmon – 12 oz ▪ Beans – 15.5 oz (black, garbanzo, pinto, great northern—low sodium)
CANNED FRUIT (15 oz –in light syrup or juice)	▪ Peaches ▪ Pineapple ▪ Pears ▪ Mandarin Oranges ▪ Mixed Fruit ▪ Applesauce
CANNED VEGETABLES	▪ Green Beans ▪ Corn ▪ Peas ▪ Mixed Vegetables ▪ Diced Tomatoes ▪ Spinach
OTHER ITEMS	▪ Canned or Plastic Jars of Spaghetti Sauce ▪ Peanut Butter (18 oz) Creamy or Crunchy ▪ Shelf Stable Milk (not powdered)

Please Note: We do not accept glass containers or expired foods.