The Little Food Pantry on Spring Street near 17th (along parking lot fence) is officially set up! The motto of Little Food Pantry is “Take What You Need, Give What You Can.” The beauty of this ministry for us as a congregation is that it is direct participation – we are not looking for food to be donated to the church or brought to the church office, but to be directly placed by you in the box. Please consider purchasing a little extra at the store for folks who are struggling with food scarcity. We will post on our webpage and Facebook page ideas for what to put in our 2 boxes – donated newspaper boxes prepared and painted by the Waylands and the Milwees - but think of completing meals, not pop top snacks (see shopping suggestions below). Please also consider food that will last stored outside in our summer heat. Do some drive bys and add to it as you see need – and if it’s full, keep that food in your trunk and come by again, and, of course, if you are running low and facing food scarcity in your home – take what you need.

Please feel free to contact the Rev. Dr. Lisa Corry with questions

LITTLE FREE PANTRY SHOPPING SUGGESTIONS:

**Proteins** • Canned meats: chicken, ham, spam, corned beef • Fish (canned or packets): tuna, salmon, sardines • Nut / seed butter: peanut, almond, sunflower • Shelf-stable cheeses: parmesan, cheese spreads • Shelf-stable meats: pepperoni, summer sausage • Jerky: mushroom, beef, turkey • Assorted nut mixes • Protein bars

**Fruits & Vegetables** • Apple sauce • Dried fruit: mango, cranberries, raisins • Canned fruit: mandarins, peaches, pineapple • Individual fruit cups • Fruit strips or gummies • Canned vegetables: green beans, peas, corn, carrots, tomatoes, veg-all, etc. • Pizza Sauce (cans or jars) • Baby food (jars or pouches)

**Grains & Carbs** • Pasta: spaghetti, linguine, penne, macaroni • Rice: instant packages, bags • Beans (canned or dry): pinto, black, cannellini • Shelf stable pizza crust • Tortillas • Cereal & granola (individual packages or boxes) • Cereal bars & granola bars • Trail Mix • Crackers • Rice cakes • Pretzels • Popcorn (kernals or microwaveable) • Pudding or jello cups

Soups, Stocks, & Broth • Soups (boxed or canned): tomato, chicken noodle, beef stew, vegetable, cream of mushroom • Broth or stock (boxed or canned): beef, chicken, veggie

Boxed Entrees • Mac & cheese boxes • Canned chili • Cambell’s Ready Meals

Milks & Beverages • Shelf-stable almond or soy milk • Powdered or condensed milk • Water bottles • Juice boxes

**Non-food Items** • Dog / cat food • Socks • Rain gear • Baby wipes & diapers • Deodorant • Toothpaste & alcohol-free mouthwash • Shampoo & conditioner • Sun block & SPF lotions • Toilet paper • Feminine hygiene products • Sanitizer sprays or wipes • Gloves • First-Aid supplies • Cleaning supplies

***All pantry items must be: • Shelf-stable (non-perishable) • Sealed •***

***Able to withstand high temperatures***