

St. Michael's Orthodox Church Food Pantry Wish List

Make a Healthy Choice for your food donation!



- Peanut Butter & Jelly
- Low-sodium canned vegetables
- Low-sodium canned soups and stews
- Canned fruits packed in water, light syrup or juice
- Pasta (particularly whole grain/whole wheat)
- Whole grains such as brown rice, quinoa,
- Low sugar, whole grain cereal, rolled oats and low sugar instant oatmeal
- Cans or plastic jars of pasta sauce
- Canned meats such as tuna/chicken packed in water

Remember! No glass jars; and please, no expired/out of date food donations.

We are grateful for your generosity to those most in need. Thank you!