

## Atlantic Food Pantry Food Donation Suggestions (2023)

cream of chicken soup

cream of mushroom soup

tomato soup

chicken noodle soup

ramen noodles (chicken, beef)

hamburger helper

beef ravioli (cans) or SpaghettiOs

instant sides (packages) - pasta & sauce or potato

cereal (boxes)

Jiffy corn muffin mix

crackers (saltine)

canned fruit (peaches, pears, applesauce, cocktail)

tuna or chicken (cans)

macaroni and cheese

canned corn, green beans, peas, other vegetables (12-15 oz. cans)

peanut butter (18 oz. creamy)

“Quick” oats (no milk needed)

“complete” pancake & waffle mix (no milk)

waffle syrup

spaghetti and pasta sauce

chili beans

diced tomatoes

Manwich or Sloppy Joe cans