

Matthews HELP Center
Food Pantry Needs

- Canned Meats (chicken, ham, tuna, salmon)
- Soup (dry and canned)
- Canned pasta (ravioli, Spaghetti O's, etc.)
- Pasta Sauce (spaghetti, alfredo, marinara, with/without meat)
- Dry Pasta (spaghetti, bowtie, elbow, etc.)
- Canned Beans & Potatoes (white, pinto, black, navy, kidney, pork & beans, instant mashed potatoes, etc.)
- Dried Beans (family size)
- Rice (white, brown, seasoned, instant rice, etc.)
- Canned Vegetables (green beans, corn, collards, carrots, peas, tomatoes, yams, mixed vegetables)
- Macaroni and Cheese
- Ramen Noodles
- Peanut Butter
- Canned Meals (beef stew, chicken and dumplings, chili w/ beans, etc.)
- Boxed Complete Dinners (Banquet brand from Walmart is best)
- Jelly (small and medium sized)
- Canned Fruit (pineapple, peaches, mandarin oranges, pears, mixed fruit, applesauce)
- Cereal (adult/children)
- Oatmeal (small containers or boxed envelopes)
- Grits (small containers or boxed envelopes)
- Cereal Bars
- Fruit Juices (64 ounces or less)
- Crackers
- Powdered milk (in envelopes, not bulk)

- Toothpaste/Tooth brushes
- Deodorant
- Shampoo
- Sanitary pads/Tampons
- Bar soap
- Laundry and dish detergent (Small sized containers)