

BETHESDA HELP PANTRY STOCKED ITEMS



<p>GRAINS</p>	<ul style="list-style-type: none"> ▪ 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)
<p>CANNED PROTEIN</p>	<ul style="list-style-type: none"> ▪ Tuna (packed in water) – 5 oz ▪ Chicken – 12.5 oz ▪ Salmon – 12 oz ▪ Beans – 15.5 oz (black, garbanzo, pinto, great northern—low sodium)
<p>CANNED FRUIT (15 oz –in light syrup or juice)</p>	<ul style="list-style-type: none"> ▪ Peaches ▪ Pineapple ▪ Pears ▪ Mandarin Oranges
<p>CANNED VEGETABLES</p>	<ul style="list-style-type: none"> ▪ Green Beans ▪ Corn ▪ Peas ▪ Mixed Vegetables
<p>OTHER ITEMS</p>	<ul style="list-style-type: none"> ▪ Canned Spaghetti Sauce ▪ Peanut Butter (18 oz) creamy or crunchy ▪ Shelf Stable Milk (not powdered)