

FIVE LOAVES PANTRY



3 Ways to Help- You Choose!

1. Feed one family each month for a 2-3 day emergency food supply with the following food items(Total estimated cost =\$25.00):

<u>Item</u>	<u>Quantity</u>
Canned Vegetables	2
Canned Tomatoes	1
Canned Fruit	1 (Packed in juice or light syrup)
Cereal	1(Prefer whole grain)
Brown Rice	1 Bag
Whole Grain Pasta	1
Oatmeal	1 (Prefer Canisters)
Tuna	1 (Prefer packed in water)
Beans	1 (Dried/canned)
Peanut Butter	1
Spaghetti Sauce	1(Prefer low sodium)
Canned Chicken	1
Soup	2(Prefer low sodium)
No salt seasoning	1
Broth	1(Prefer low sodium)

2. Donate any of the food items listed above.
3. Monetary donations of any amount, or you may donate the total estimated cost to feed one family for a 2-3 day emergency supply each month (\$25.00).