

Please help feed needy people at the Rescue Mission of Utica ...
where we have been providing over 200 food boxes per month!



THE FOLLOWING IS A LIST OF ITEMS NEEDED TO FILL OUR FOOD PANTRY:

VEGETABLES AND FRUITS:

Dried Fruits
Canned Fruits
Canned Vegetables
Tomato / Spaghetti Sauce (please no glass jars)
Instant Potatoes
Vegetable or Fruit Juices

PROTEINS- MEAT, NON-MEAT, & DAIRY:

Canned Tuna
Canned Chicken
Spam (other similar canned meats)
Canned Beef / Chicken Stews
Canned Raviolis / Chili w/ Meat
Dry Beans
Canned Beans
Peanut Butter
Powdered Milk

GRAINS:

Rice
Pasta
Oatmeal (individual packages)
Hot Cereal (like Cream of Wheat)
Cold Cereal
Macaroni & Cheese
Ramen Noodles
Boxed Stuffing Mix
Pancake / Biscuit Mix

ADDITIONAL / EXTRA ITEMS:

Granola Bars
Trail Mix
Jelly / Jam (please no glass jars)
Brownie / Cake Mix
Other snacks

THANK YOU FOR CARING ABOUT THE NEEDS OF THE POOR AND HURTING!

You are helping us reach out and change lives. God bless you!



For more information, please contact Susan Woods, Director of Development
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