



When you shop for our **Food Cupboard** ministry, please keep in mind that we serve a number of Muslim families who eat Halal –

- **no pork, ham or gelatin.**

Please make sure there is none of those in what you provide.

We also prefer **small** cans or boxes of each food item, so that everyone gets an equal amount.

Here is a list to help you with your shopping:

Canned meat - turkey, chicken, tuna (no pork, ham or luncheon meat)

Canned vegetables - peas, carrots, green/yellow beans, corn, mushrooms

Canned fruit - fruit salad, applesauce, peaches, pears, oranges

Pasta meals – noodles + pasta sauces or KD

Other canned goods - pastas, brown beans (no pork)

Soups – any type of small cans (no pork)

Breakfast – boxed cereal (no gelatin), instant oatmeal

Others - peanut butter, rice, instant potatoes, quinoa, couscous

You can bring your donations to the church
Tuesday, Wednesday, Thursday or Saturday 9:00 am-4:00 pm
OR
Sunday 9:00 am-1:00 pm

