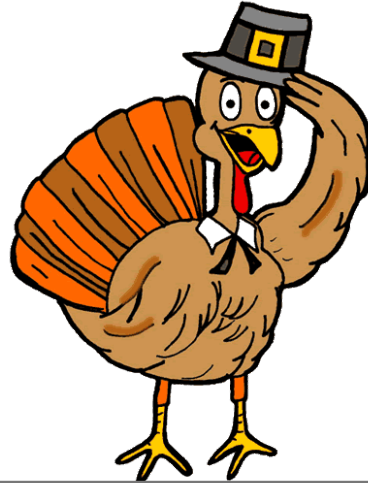


# MCEF Fall Food Pantry Needs

- \* 24 oz apple sauce jars
- \* Canned Cranberries/ Canned Pumpkin
- \* Boxed Instant Mashed Potatoes
- \* Canned Sweet Potatoes
- \* Canned Carrots
- \* Canned Collard Greens
- \* Boxed Stuffing
- \* Gravy
- \* Muffin mix/ cornbread mixes
- \* Cake mixes and icing/ Brownie mix



Items needed to fill Thanksgiving and Christmas bags

Personal Hygiene Items (deodorant, shampoo, feminine products)

Jam and preserves other than grape. (Some clients are looking for other flavors or less sugar types of jams)

Sides such as Rice A Roni

Canned Tomato Products

Canned Beets/ Spinach

Low Salt Canned Vegetables

Soups (Creams, bean, vegetable, beef, other variety)

Boxed Cereal

Individual Packaged Snacks (Granola Bars, Trail Mix or Nut mixes, Teddy Grahams)

Pancake Mix/ Syrup