

GMS Our Community Cupboard

Breakfast	Canned/Jar Veggies, Soups
Cheerios (or similar)	Soups, canned (e.g., minestrone, chicken noodle, vegetable)
Honey Nut cereal (or similar)	Condensed soup, canned (chicken, mushroom)
Instant oatmeal 4 flavors- 2 packs of each	Beef stew, canned
jelly or jam, jar; 10-18 oz	corn
coffee, ground	green beans
Starches	pasta sauce
Rice, long grain, parboiled	canned fruit
Pastas (e.g., elbow)- 16oz box	Personal Basics
Spaghetti- 16oz box	toothbrush
Wide egg noodles- 16oz bag	toothpaste, travel size
Instant mashed potatoes, 4oz pouch	deodorant, men's
Mac n Cheese, boxed (e.g., Kraft, Velveeta)	deodorant, women's
Protein	razor, disposable
tuna, 5-7oz can	maxi pads, package
chicken, 5oz can	pantliners
salmon, 5oz or 14.75oz can	tampons, package
chili, canned (10-15oz)	Family needs - Baby/Toddler
black or kidney beans, canned 15oz	baby food (fruit, meats, veggies), jar or tub, 4 oz
peanut butter	toddler food (fruit, meats, veggies), jar or tub, 4 oz
almond or cashew butter	infant cereal (rice, oatmeal)
Snacks	can opener (limited quantity; request only if don't have one)
snack bars (e.g., Chewy, Nutrigrain, etc) Qty of 5	baby wipes
raisins, individual boxes	