

food pantry list



**FAMILIES
TOGETHER**
a PLM organization

Families Together (formerly PLM Families Together) addresses the urgent housing needs of families with children in our community who are homeless. Use this list to help keep our emergency pantry shelves stocked with supplemental groceries so that no one in our program goes hungry. Check off the items as you buy, or assign each person on your team a few items and work together to complete the list. Please note: Whenever possible, purchase low or no salt options to support the health and nutrition of the families we serve. For more information or to schedule a drop off time email volunteer@plmft.org or call 919.212.1123 x232. Thank you!

beans (canned or dry)	soups (canned)
tomatoes (canned)	stocks/broths (canned)
pasta sauce	apple sauce
peas (canned)	tuna (canned)
green beans (canned)	chicken (canned)
whole kernel corn (canned)	salmon (canned)
carrots (canned)	peanut butter
beets (canned)	fruit jams or jellies
fruits (packed in water or juice)	maple syrup
condensed/powdered milk	pancake mix
oatmeal (18oz)	whole grain cereal
small boxes of tea/coffee	rice
pasta	instant potatoes
bottled water (16 oz)	gift cards (grocery or gas)
snacks to go	
fresh fruit (apples/oranges)	