

“Feed a Family” Shopping List

The Food Pantry Ministry of First Baptist Choctaw / www.fbcchoctaw.org / 405-390-2131

DIRECTIONS: Please choose at least a couple items in each category below so that your sack provides a good variety of food for the family that receives it. We realize that the stores are having trouble keeping things in stock right now, so make the best substitutions that you can when needed. Our goal is for the total cost to be around \$25 - \$30. If you have multiple smaller bags, that’s okay because we will combine them into 1 larger sack at the church. You are welcome to fill bags for more than one family if you’re able. You don’t need to buy name-brand foods, but it is important to stick to the list as much as possible. Please, no candy or desserts.

VERY IMPORTANT! If you are planning on donating a bag of food, please let us know by email (staff@fbcchoctaw.org) or by calling us (390-2131), so we can track our progress. We really need your help because we expect to serve as many as 100 families.

COLLECTION: We will collect the food on Wednesday, April 8th from 4 - 6 pm. Bring the food to First Baptist Church, located at 2700 N. Main (1/3 mile north of 23rd Street / north of Little Caesar’s and Boomerang Diner). Drive through the drop off line in the parking lot on the southeast side of the building. We will be giving out all the food the following Friday, April 10th.

Fruits

- small bag of apples, oranges, tangerines, bananas
- canned fruits / fruit cups / dried fruits

Vegetables

- fresh vegetables (carrots, salad, zucchini, broccoli...)
- canned veggies (green beans, peas, carrots, asparagus...)

Meats/Proteins

- Canned chicken or tuna
- Spam or canned ham
- Peanut butter
- Canned chili or stew / Hearty soups

Cereals/Grains/Bread/Pasta

- Rice (brown is better)
- Oats (for oatmeal) / Low sugar, higher in fiber cereal
- Loaf of bread / muffin mix/ cornbread mix / Pack of tortillas
- Crackers / granola bars
- Spaghetti or similar noodles (& jar of sauce)
- Macaroni & Cheese

Beans/Potatoes

- Dried beans / Canned beans
- Bag of potatoes / Dried potatoes



THANK YOU FOR HELPING OUR NEIGHBORS IN NEED