

“Feed a Family” Shopping List

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

DIRECTIONS: As a church, you have been doing an amazing job providing for families in need last time. 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. If possible, please use a **paper sack**. 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 very important to **stick to the list** so we can be as fair as possible to every family. Please, no candy or desserts.

VERY IMPORTANT! Please put all of the meat (Hot Dogs and Lunch Meat), and Vegetables that need to remain cold in a plastic bag at the very top of your bag of groceries.

COLLECTION: We will collect the food on ***Wednesday, June 17th from 5:30 – 6:30 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 Tuesday, June 23rd.

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

- Hot Dogs
- Lunch Meat
- Canned chicken or tuna
- Spam or canned ham
- Peanut butter



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

