Shopping List - any or all of the items below

Canned vegetables & fruit

Canned & boxed meals ( soup, chili, stew, macaroni & cheese, ravioli, etc)

Canned beans ( pork & beans, kidney, pinto, black beans)

Pasta, rice, or noodles

Peanut Butter & Jelly

Holiday foods during the season ( cranberry sauce, stuffing mix, cake mixes/frosting)

Instant mixes like potatoes, gravies, & sauces

Canned meat (tuna, chicken, salmon)

Condiments ( mayonnaise, ketchup, salad dressing)

Pasta Sauce

Tomato products

Checks (for meat & perishables) made to Pasadena Presbyterian Church

(write Food Distribution Center on the "for" line of your check" May God Bless you!

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The FORK is now in your hands. Here are a few ways to "STICK IT TO HUNGER". It will really help!

- 1. Go to www.pasadenapc.com (volunteer opportunities)
- 2. Donate food, volunteer your time or host a drive
- 3. Have a "party with a meaning"
- 4. Do an "email your friends" drive
- 5. Give us your email address and request a "stick it to hunger manual" for more ideas. PPC Food Distribution Center distributes over 6,000 lbs. of food each month and 100% of donations go to those in need. Contact me



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