



Ways to Support United Ministries: Food Pantry Wish List

Transfer Stock Shares to United Ministries

Emergency Assistance helps over 60 families each and every week with food assistance. Our pantry is always in need of food items so that we can continue to help those in need. Our food bag will feed a family of four for three days and contains at least 26 items. That means over 1500 items go out of our pantry every week!

If you are interested in donating, check out the list below for the items that go in every bag. Most of these items are probably sitting in your pantry right now. If you have some extra of the following, or you are going shopping, here is a list you can follow (with the amounts needed monthly):

- Boxed Cereal--300
- Canned Green Beans--600
- Canned Corn--600
- Canned Vegetables--900
- Canned Treat/Spam--300
- Canned Fish--300
- Canned Beef Stew--300
- Canned Soup--900
- Canned Fruit--300
- Canned Pasta--300
- Boxed Mac and Cheese--300
- Bags of Rice--300
- Bags of Dried Beans--300
- Packages of Dry Milk, Boxed Package of 10--60
- Packages of Ramen Noodles--600
- Peanut Butter--300
- Boxes of Saltines--75

THANK YOU!