

GREATER BIRMINGHAM MINISTRIES ON GOING FOOD NEEDS

(HUNGER NEVER TAKES A VACATION)

Vegetables

- cans or dried bags of **beans** (pintos, kidney, navy, black-eyed peas, etc.)
- cans of **carrots**
- cans of **corn**
- cans of **sweet peas**
- cans of **sweet potatoes**
- cans of **tomatoes** (tomato sauce, tomato paste, etc)

Fruits

- plastic jars of **applesauce**
- cans of **cranberry sauce**
- cans of **fruit cocktail**
- cans of **peaches**
- cans of **pears**
- cans of **pineapple**

Meats/ Fish

- cans of **chili**
- canned **fish** (mackerel, salmon, tuna)
- canned **meats** (chicken, corned beef, ham)
- cans of **spaghetti** and meat balls

Soups

- **bouillon** (chicken, beef, pork, vegetable)
- boxes of **dried soup** mix
- cans of **soups** (chicken noodle, cream of mushroom, beef stew, fish chowder, vegetable, etc.),

Drinks

- dry instant **drink mixes** (fruits drinks, cocoa, tea, coffee)
- cans or plastic jugs of **fruit juices** (orange, pineapple, other fruits)
- cans or plastic jugs of **vegetable juices**

Cereal

- boxes of **cream of wheat**
- boxes or bags of **dry cereals** (corn flakes, cheerios, raisin bran)
- boxes or bags of **grits** (instant or slow cook)
- boxes or bags of **oatmeal** (instant or slow cook)

Staples

- boxes of **Bisquick** mix
- bags of **corn meal**
- cans of **evaporated milk**
- bags of **flour**
- plastic jars of **jelly**
- bags of **pasta** (bags of noodles, boxes of macaroni & cheese)
- plastic jars of **peanut butter**
- boxes of **powdered milk**
- bags or boxes of **rice**
- boxes or bags of **stuffing mix**
- bags of **sugar**

In addition, GBM's clients can use household items like **soap, shampoo, toothpaste, deodorant, toilet tissue, facial tissues, washing detergent, cleaning wipes**, etc.