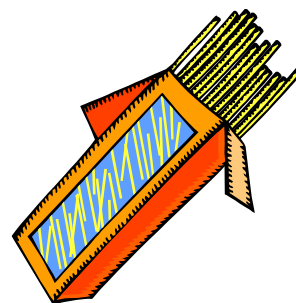




Grocery List



- Canned proteins (tuna, salmon, chicken, chili)
- Shelf-stable milk (like Parmalat)
- Peanut butter
- Canned spaghetti sauce/canned tomatoes
- Cans of vegetables, low-sodium
- Canned potatoes
- Cans of fruit, low-fructose
- Cans of legumes – kidney beans, black beans, etc.
- Hot cereal (oatmeal, grits, cream of wheat)
- Small/medium box of cold cereal
- 1–2 lbs. pasta
- Small jelly, jam or honey (plastic container)
- Boxed macaroni and cheese
- 1 lb. dried beans
- 1– or 2-lb. bags of rice
- Dessert box or treat Jell-O, pudding, cookies, granola bars, etc.)



Low-sodium and low-sugar foods are especially appreciated!

NOTE: ALL CANS SHOULD BE #303 size or 12-16 oz.

NO GLASS CONTAINERS PLEASE!

Low-income people—from children to seniors and from throughout Mercer County—will receive nourishment from the food you donate.

We are grateful for your donations.

Learn more about Crisis Ministry and how you can volunteer your time!

www.thecrisisministry.org

IN PRINCETON: Nassau Presbyterian Church,
61 Nassau St., Princeton, NJ 08542 609-921-2135
Pantry/Office Hours: M-Th, 1:30 – 4:00 pm

IN TRENTON: 123 E. Hanover St., Trenton, NJ 08608 609-396-9355
Store Hours: 9:00 am – 12:00 noon