

MICAH'S CUPBOARD

All non-perishable foods can be utilized. Micah's Cupboard is most in need of:

Basic Foods

- Hearty Soups
- Stews (Beef, Chicken and Dumplings)
- Chili
- Peanut Butter and Jelly
- Macaroni and Cheese

Meat/High Protein Group

- Canned meats: ham, chicken, meat spreads
- Canned fish including tuna, salmon, sardines, other fish
- Nuts, and seeds
- Rice and Beans

Dairy Group

- Evaporated milk
- Powdered milk
- Puddings and custards

Fruits and Vegetables

- Canned fruits: peaches, pears, pineapples, applesauce, fruit cocktail
- Canned juices: apple, Cranberry, tomato and vegetable
- Canned vegetables: green beans, peas, corn, tomatoes, potatoes

Breads, Cereals & Pasta

- Hot and cold breakfast cereals, including oatmeal and cream of wheat
- Baking mixes: pancake, corn bread, cake mixes/icing, quick breads
- Pastas and canned sauces

Kid-Friendly Foods

- Juice boxes
- Cookies
- Pop Tarts
- Granola bars, Fruit Roll-ups and snacks
- Instant Jell-O pudding

Non-food Household products

- Paper – toilet, tissues and towels
- Soap – bar and liquid

Monetary Donations

- Used to purchase fresh produce, meats, milk, perishables