



Super Bowl is February 9!

During this time, we will be collecting the following non-perishable food items to help stock our food pantry for the rest of the winter. *Please bring your donations by February 9* and place them in the bin marked with your favorite of the two teams to “vote” for the team you wish to win.

Cash Donations are also welcome! Please make checks payable to *Messiah Lutheran Church* and write *Souper Bowl* along with your team name in the memo line. Cash donations should be placed in an envelope marked *Souper Bowl* along with your team name.

Thank you for your help in our fight against hunger!



Canned Vegetables & Fruits

Potatoes (whole or sliced),
Corn, Green beans, Peas,
Carrots, Mixed Vegetables
Pineapple, Mandarin Oranges)
Fruit Cocktail, Peaches, Pears,
Applesauce

Starches, Tomatoes, Sauces

Mashed potato buds
Macaroni and cheese
Egg Noodles
Spaghetti, Pasta
Rice

Diced Tomatoes
Spaghetti sauce

Protein, Spreads, Soups

Peanut butter
Spreads – Jelly, Fluff
Baked beans
Canned beans - Garbanzo
beans (chickpeas),
Great northern beans,
White beans, Black beans,
Pinto beans, Kidney beans
Canned chicken

Tuna fish, Salmon
Cream of mushroom soup
Tomato soup
Chicken noodle soup
Vegetable soups, misc. soups

Snacks, Pasta Meals

Jello mixes
Dessert mixes (brownies, cake)
Packaged cookies
Pudding cups
Microwave Popcorn
Snack crackers
Crackers (Saltines, Ritz, etc.)
Beef stew, chili, etc.

Raviolis, Spaghettios, etc.

Breakfast Foods, Hot Drinks

Cereal, PopTarts, Oatmeal,
Muffins, Pancake mix, Syrup
Powdered Milk
Granola bars, breakfast bars
Hot cocoa, Tea, Coffee



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