

**Song & Sword Church  
Food Box Needs**

**Non-Perishable Foods (Examples)**

- **Proteins**
  - Canned tuna or chicken
  - Peanut butter or almond butter and jelly
  - Canned beans (black beans, chickpeas, kidney beans)
  - Dried beans or lentils
- **Grains and Starches**
  - Rice (white, brown, or instant) 14-32oz only please
  - Pasta (regular or whole grain) Regular size box
  - Instant mashed potatoes
  - Ramen Noodles
  - Oatmeal Packets
- **Canned or Jarred Goods**
  - Canned vegetables (green beans, corn, carrots, etc.)
  - Canned fruit in juice (not syrup)
  - Spaghetti sauce or marinara
  - Canned soups, stews, or chili
  - Canned pasta meals (e.g., ravioli)
  - Diced tomatoes
- **Boxed and Packaged Items**
  - Macaroni and cheese
  - Crackers, saltines and/or flatbreads
  - Cereal (low sugar if possible)
  - Granola Bars

**Hygiene and Non-Food Essentials (Optional) Examples:**

- Toothpaste, toothbrushes, floss
- Comb/Brush, Hair ties
- Shampoo/Conditioner, Soap, body wash (travel size)
- Feminine hygiene products
- Small packs of tissues, paper towels, toilet paper
- Disposable utensils and napkins

**Song & Sword Church Local Outreach  
Abundant Life Needs**

**Hygiene and Non-Food Essentials:**

- Toothpaste, toothbrushes, floss
- Toilet Paper
- Paper Towels
- Paper Plates, Divided Plates
- Divided Styrofoam “To Go” Containers
- 34-gallon trash bags
- Bowls - disposable
- 8oz or 12oz coffee cups
- T-shirts - Men's and Women All Sizes
- No Show Socks Men's - Medium and Large