



FOOD ITEMS Needed:

Baking: flour, sugar, oil
Beans (canned): pork & beans, baked, chili beans
Beans (dry): pinto, white
Beverages: tea bags, coffee, hot chocolate, Koolaid,
Boxed: potatoes, tuna helpers, hamburger helpers
Canned Fruit: pears, mixed fruit, applesauce, peaches
Canned Meals: chili, beef stew, ravioli, spaghetti
Canned Meat: tuna, chicken
Canned Tomatoes: stewed, diced, sauce,
Canned Vegetables/Other: mixed vegetables, carrots, spinach, peas,
mushrooms, potatoes, sweet potatoes
Cereal: cold sweet, cold non-sweet, oatmeal
Condiments: salt, pepper, mustard, ketchup, BBQ sauce, mayo, jelly
Dessert Items: white, yellow, chocolate cake mix & frosting, brownie mix, cookie mix
Mexican: refried beans, Rotel tomatoes, taco shells/seasoning,
Other: instant pudding (chocolate and vanilla), Jello, pancake mix, pancake syrup,
gravy (brown, white country), breakfast muffin mix
Pasta/Rice: spaghetti, macaroni, egg noodles
rice sides, pasta sides, white rice, brown rice
Ramen noodles (beef or chicken)
Peanut Butter: creamy, crunchy
Sauces: spaghetti, sloppy joe
Soups: **broths** - (chicken, beef)
creams - (mushroom, chicken)
other – chicken noodle, tomato, vegetable
Sugar Substitute Packs: yellow, blue, pink

NON-FOOD ITEMS:

Cleaning Products: liquid dish soap, multi-purpose cleaners,
Infant Items: diapers (size 1,2,3,4,5,6) baby wipes
Laundry: detergent, fabric softener
Paper/Plastic: toilet paper, paper towels, Kleenex, trash bags
Personal Hygiene: deodorant, shampoo, conditioner, bar soap, razors, shaving cream, toothpaste,
adult toothbrushes, children's toothbrushes
women's products (tampons, maxi pads, bladder control pads)

Drop off times: Tuesday 9:30-11:30 am & 1-4:00 pm and Thursday 2:00-6:00 pm. There is a large bench with storage outside the doors if you would like to drop off non-perishable items. Please don't leave canned items during bitter cold weather. If you would prefer to give money, make checks payable to: KEC Food Pantry, and send to address below

Kearney Food Pantry, 113 E. Washington Street, Kearney, MO 64060 (816-903-4763)