



## CHATHAM UNITED METHODIST CHURCH

460 Main Street, Chatham, NJ 07928  
(973) 635-7740 [www.chathamumc.org](http://www.chathamumc.org)

# CUMC Community Food Pantry

## Most Requested Items Non-Perishable Food in Need:

(in winter/summer: please no glass/plastic jars)

- Canned Protein (tuna, chicken, turkey, salmon, clams, etc)
- Pasta and pasta sauce
- Rice (brown, white, flavored, etc)
- Beans/Legumes Dried and Canned (black, pinto, kidney, lentils, garbanzo, etc)
- Soups (especially “meal-types” in cold months such as stews, ravioli, chowder, etc)
- Breakfast Foods such as: all types of cereals (boxes, hot, instant, etc), pancake mix and syrup, cereal/protein/snack bars
- Box milk/powdered milk, juices
- Baking mixes (cake, cookie, brownie, muffins/quick breads)
- Peanut butter & jelly
- Individually Wrapped snacks/cookies etc.
- Canned Fruit and Vegetables

## Personal Care Items:

- Shampoo/Conditioner
- Toilet paper& paper towels
- Disposable razors (men & women)
- Deodorant (men & women)
- Toothpaste/toothbrushes/floss
- Bar soap
- Baby diapers (all sizes), wipes, & cream
- Women’s feminine care products (smaller packs of tampons & napkins work better than larger packs)