



Doing The Most Good The Salvation Army Gwinnett

770-724-1674

Emergency Food Items Most Needed

(Please check to ensure that all items are non-perishable & in date!)

Meat/Protein

Chicken/Turkey
Ham
Roast Beef
Salmon
Spam
Peanut Butter
Summer Sausage
Cheese
Nuts

Shelf Stable

Meals

Ravioli
Canned Spaghetti
Beef Stew
Chili

Cereals

Oatmeal
Cold Cereals

Canned Beans

All such as:
Baked Beans
Pinto Beans
Kidney Beans
Northern Beans
Butter Beans
Black-eyed Peas

Dried Beans

All

Pasta/Rice

Items

Spaghetti
All pastas
Ramen
Rice (plain or
seasoned)

Soups

All – dried or
canned

Fruit

All – canned or
dried

Canned Vegetables

Potatoes
Green Peas
Spaghetti Sauce
Tomatoes
Sweet Potatoes

Other Food Items

Canned Milk
Powdered Milk
Crackers
Corn Meal
Flour
Cooking Oil