

Operation Adopt a Ghost's Pantry Project

Supporting unemployed , underemployed, and military families in hardship and crisis



operationadoptaghost@gmail.com or 801 668-0928

Items suggestions for donations:

- Spaghetti sauce
- Pork and Beans
- Canned chili beans
- Canned chili or stew
- Canned pasta (spaghettios, ravioli, etc)
- Manwich or sloppy joe mix
- Tuna or Chicken Helper or Hamburger Helper
- Canned/foil pack tuna or canned chicken
- Jello or pudding mix
- Corn Muffin mix or cake or brownie mix
- Peanut butter & Jelly
- Canned fruit (peaches, pears, etc.)
- Cereals/oatmeal
- Canned mixed vegetables
- Canned tomatoes/tomato sauce or paste
- Boxed potato dishes (au gratin, mashed, etc.)
- Rice side dishes (Rice-a-roni/Uncle Ben's)
- Pasta side dishes (Knorr's etc)
- Boxed macaroni & cheese
- Toilet paper/ Kleenex/ paper towels
- Toiletries (soap, shampoo, toothpaste, deodorant)
- Laundry detergent or dish soap (Dawn etc.)



Any NON-Perishable items and household helps will be greatly appreciated by our military families.