

Empact Ministries  
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**Operation Let's Eat Non-Perishable Food Requested Donation List  
Average-Family of 6**

**Breakfast Items:**

Pop Tarts  
Cereal  
Oatmeal  
Grits  
Cream of Wheat  
Breakfast bars

**Condiments:**

Ketchup  
Mustard  
Mayo  
Salt/Pepper

**Lunch Items:**

Peanut Butter  
Jelly  
Soup  
Vienna Sausage  
Tuna  
Potted Meat  
Spam  
Spaghetti O's

**Dinner:**

Pasta (spaghetti/macaroni)  
Rice  
Macaroni and Cheese  
Oodles of Noodles  
Hamburger Helper  
Vegetables (corn/peas/green beans/  
Spaghetti Sauce

**Snacks:**

Cookies  
Pudding  
Packs of Crackers  
Popcorn

**Drinks:**

Juice (fruit, apple, orange, cranberry)  
Water  
Coffee  
Tea

**ALL DONATIONS ARE TAX DEDUCTIBLE**