



**Thank you for helping to feed hungry hearts and souls!  
The Salvation Army Food Pantry is about more than food! It is about nutrition,  
healthy bodies and minds, and hope when it is needed most!**

*“It means my family can eat and  
I do not feel as much stress – that  
means so much to me.”  
Family of 6*

*“Assistance from the food pantry  
means I can feed my family &  
still have money for gas so that I  
can work! People often think that  
if I worked harder it’ll fix  
everything...but it is not that  
simple.” Family of 3*

*“Just because I work does not  
mean I can afford food. If I buy  
food I cannot get my meds for a  
blood disorder and risk my life.  
The food pantry keeps us from  
going hungry.” Family of 3*

## **Suggested Items for Food Drive**

**Canned meat—  
tuna/chicken/spam**

**Stews**

**Pasta and Pasta Sauces**

**Rice**

**Hamburger Helper**

**Canned and boxed soups**

**Stove top stuffing**

**Boxed potatoes—all varieties**

**Gravy**

**Tacos shells and taco sauces**

**Condiments/Salad dressing**

**Canned fruit and snack fruits**

**Cereals hot and cold**

**Peanut butter & jelly**

**Pancake mix and syrup**

**Bisquick**

**Juice/Juice boxes and mixes**

**Snacks**

**Baby food**

**Other non-perishable items**

**Hygiene items**

**Toilet Paper**

**Dish Soap**

**The Salvation Army 1239 Barlow St. Traverse City, MI 49686**