



Loaves & Fishes

Groceries for Neighbors In Need

If you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your night will be like the noonday.

Isaiah 58:10

Hours for food drop off and pick up: Tuesdays & Wednesdays 10am-2pm

Food Pick-up: Please call for appointment: Chris Keltner- 757-748-2949
or Email: chriskeltner@ebumc.net

Location: Family Life Center- Far side parking lot door (near dumpsters)

The list below is non-exhaustive but represents many of the more requested items in our food pantry. Your help and donations are very appreciated and together are a bounty to those struggling with food insecurity.

apple sauce
apples (fresh)
baked beans
broths (beef, chicken, veggie)
canned or cups of fruit
cereals (sweet & unsweet)
cheese (sliced & shredded)
chicken (canned)
chicken noodle soup
cleaning supplies
corn beef hash
cup-o-noodles or Raman noodles
flour
frozen dinners
frozen family dinners
frozen veggies
jelly (strawberry, grape, etc.)
kid's juices (individual servings)
Kool-Aid & drink mixes
laundry pods

Mandarin oranges (fresh)
meat stews & soups
microwaveable meals
muffin & cake mixes
mustard, mayonnaise, ketchup
potatoes (fresh)
salad dressings
saltines & Ritz-style crackers
sauces (spaghetti and alfredo)
shelf stable milk
skillet meals (rice or pasta)
snacks (individual packs)
soap (hand & dish)
sugar
syrup & pancake mix
toilet paper & paper towels
tuna (canned)
water (bottles or gallons)
1-5lb rolls/packages of:
ground beef
ground turkey
chicken