



HOW YOU CAN HELP

Organize a food drive and drop off food at our office at 7218 Church Ave., Ben Avon, PA. For more information or to schedule a drop off time, please email office@christopherskitchen.org.

Christopher's Kitchen is limited to collecting food that is shelf stable and the expiration date must be at least 6 months after the collection date. **Shopping list suggestions:**

In-Hospital Food Pantries(must be individual servings):

Macaroni & Cheese cups	Cheese Cracker packages
Cans of Soup – broth based (pull-top lids only)	Single serving Pretzels, Goldfish, etc.
Nissin Cup of Noodles	Single serving Raisins boxes
Ramen Noodles	Cookie Packs
Pop Tarts	Rice Crispy Treats
Granola Bars	Fruit Cups
Snack Pack Puddings	Applesauce Cups
Snack Pack Jello	Oatmeal (single packs/cups)
Fruit Bars	Snack Assortments
Cereals (single packs/cups)	Gluten Free Snack Assortments
Dried Fruits	Water Flavor Packets (Crystal Light, Mio, Drip Drop)
Tuna/Chicken Salad Kits	Gatorade
Trail Mix	Juice
Hormel Compleats Meals	Single Serving Vegetables
Meal Replacement Protein Bars	
Peanut Butter Cracker packages	

Food Insecurity Take-Home Bags:

Shelf-Stable Milk	Canned Tuna
Peanut Butter	Dried Pasta
Jelly	Pasta Sauce
Pancake Mix	Saltines
Syrup	Cereal (box or bag)
Mac & Cheese (boxes)	Rice a Roni
Cream of Mushroom Soup (pull-top lid)	

THANK YOU FOR HELPING!