



THE
COVE
CHURCH

Providing food security for struggling families in our communities.

- Canned tuna, chicken, or salmon
- Peanut Butter & Jelly
- Canned meals (soup, stew, chili)
- Low sodium canned vegetables
- Canned fruit in its own juice or water
- Olive or Canola Oil
- Spices (cinnamon, cumin, chili powder, salt-free spice blends)
- Canned foods (pop-top lids)
- Low sugar, whole grain cereals
- Gluten-free foods

- Healthy snacks (granola bars, nuts, dried fruits)
- Pancake Mix & Syrup
- Muffin Mix
- Pasta
- Spaghetti Sauce
- Bread
- Feminine Hygiene Products
- Baby Diapers
- Wipes
- Shampoo & Conditioner
- Household Paper Products

Suggested Lunch 1

Microwaveable/pop-top meal
(Easy Mac, Ravioli, Ramen Noodles, etc.)
Fruit Snacks, Granola Bars, Pudding Cup,
Assorted Chips

Suggested Lunch 2

Microwaveable/pop-top meal
(Easy Mac, Ravioli, Ramen Noodles, etc.)
Granola Bars, Fruit Cups, Pretzels

Suggested Lunch 3

Uncrustables (PB&J)
Fresh Apples, Cheese Sticks, Fruit Gummies,
Assorted Chips.

Suggested Lunch 4

Microwaveable/pop-top meal
(Easy Mac, Ravioli, Ramen Noodles, etc.)
Applesauce Cups, Cheese Crackers or
Peanut Butter Crackers, Pop-Tarts

Thank you for your generosity!