



# THE COVE CHURCH WEST ROWAN

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
- Bread
- Ravioli
- Canned foods (pop-top lids)
- Healthy snacks (granola bars, nuts, dried fruits)
- Pasta
- Spaghetti Sauce

**Thank you for  
your generosity!**