



BEST FOODS TO DONATE TO A FOOD PANTRY

Dry Spaghetti

Spaghetti Sauce

(canned is better because the lids are tamper proof)

Canned Meals with pop-top lids

Ravioli, Spaghetti, Beef Stew

1 pound bags of rice (white or brown) or

90 second microwaveable rice

1 pound bags of beans – Red, Black, Lima, White

Powdered or Shelf Stable Milk

Canned Vegetables

Canned or Pouches of Chicken, Tuna or Spam

Oatmeal, Grits, Cereal

**If you would prefer to make a monetary donation,
please donate on our website at gladewaves.org**

**Gladewaves is a Louisiana Community Non-Profit
501(c)3**

Our EIN is 82-4873254