



Grocery List

Updated November 29, 2021

Proteins

- baked beans
- dry or canned pinto beans
- pork and beans
- peanut butter

Pasta

- ramen
- spaghetti
- mac and cheese
- other pastas

Soups

- Any except chicken noodle please

Vegetables

- Any except corn and green beans please

For Kitchen Meal Prep

- cooking oils
- butter

Grains

- grits instant packets
- cake mixes
- cereal

Beverages

- juice – bottles and boxes
- coffee
- tea
- hot chocolate
- powdered milk packets

Condiments

- jelly
- spaghetti sauce
- tomato sauce/paste/canned

Personal Hygiene

- toothpaste
- toilet paper
- shampoo
- deodorant
- razors

Many of Chapel Hill's Interfaith Council for Social Service's (IFC) programs remain closed to volunteer assistance because of the pandemic, but IFC's Community Pantry is open by appointment and needed more than ever! Newman volunteers have long been part of IFC, and continue to transport much-needed pantry items to IFC regularly.

Take this list of much-needed items and, once purchased, leave your contributions on the shelves in the entry to the Church kitchen at any time. All donations must be at least one month before their "best-buy" date and in un-opened packages. Please consider sugar-free, low-salt, organic and vegan options. Thank you!