



96362 Blackrock Road Yulee Florida, 32097

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## SUGGESTED EMERGENCY FOOD PANTRY ITEMS TO DONATE

### Fats, Oils & Sweets

- Jelly and jam
- Honey
- Sugar
- Mayonnaise
- Vegetable oil
- Salad dressing
- Syrup

### Milk, Yogurt & Cheese

- Infant formula
- Powdered milk
- Instant breakfast drinks
- Canned and boxed pudding

### Meat, Poultry, Fish, Dry Beans & Nuts

- Canned Tuna
- Canned Chicken
- Canned Beef Stew
- Bean soups
- Canned or dried beans
- Baked beans
- Canned Chili
- Peanut Butter
- Canned Nuts

### Vegetables

- Canned Vegetables
- Vegetable Soup
- Canned Tomato products
- Spaghetti Sauce
- Baby Food Vegetables
- V-8 Juice

### Fruits

- Canned Fruit
- Raisins
- Applesauce
- Dried Fruits
- Baby Food Fruit
- Fruit Roll Ups (100% fruit)
- Canned & Boxed 100% Juice

### Bread, Cereal, Rice & Pasta

- Rice and rice mixes
- Canned Pastas
- Noodle mixes
- Dry noodles and pastas
- Macaroni and Cheese Mix
- Cold Cereals
- Bran Cereal
- Shredded Wheat
- Infant Cereal
- Hot Cereal Mixes
- Oatmeal
- Bread & Muffin Mixes
- Pancake Mix
- Whole-Grain Crackers
- Granola Bars
- Graham Crackers
- Flour

Senior Pastor: Rev. Michael S. Bowen

Minister of Music: Matt Gingery

Ministry Assistant: Lisa Hiers

[www.blackrockbaptist.com](http://www.blackrockbaptist.com)

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