

# Good News Ministries

## Food Needs List

### **Breakfast Items**

Grits/Cream of Wheat  
Oatmeal  
Cereal  
Jelly  
Pancake Syrup  
Artificial Sweetener  
Pancake Mix  
Hot Chocolate Mix

### **Meats/canned**

Chicken  
Tuna

### **Condiments**

BBQ sauce  
Worcestershire sauce  
Pickle relish  
Dill pickles (slices, whole, spears)  
Ketchup  
Mustard  
Soy Sauce  
Salsa

### **Soups and Sauces**

Tomato  
Cream of Mushroom  
Cream of Chicken  
Coney sauce  
Manwich sauce  
Spaghetti sauce (all kinds)  
Alfredo sauce  
Hot Sauce

### **Can Goods**

Spinach  
Sauerkraut  
Mixed fruit  
Green beans  
Peas  
Corn  
Potatoes  
Peaches

### **Spices**

Taco seasoning  
Garlic powder  
Chili powder  
Garlic salt  
Oregano leaf (crushed)  
Black Pepper  
Season Salt

### **Miscellaneous**

Wide egg noodles  
Parmesan cheese  
Corn meal  
Stuffing mix  
Vegetable Oil  
Sugar  
Flour  
Baking Powder  
Corn Starch  
Potato Chips  
Tortilla Chips  
Pretzels

### **Meats and Dairy**

Milk  
Breakfast and smoked sausage  
Eggs  
Turkeys  
Chicken breasts  
Lunch meat  
Fish  
Ground beef  
Ham