



740 Gunnison Avenue Grand Junction, CO 81501 970.985.4253

FOOD PANTRY FOR THOSE WHO CARRY "HOME" ON THEIR BACKS OR LIVE IN THEIR VEHICLES

The clients we serve are low income and do not usually have a stable place to lay their heads. They carry our food bags on their bikes, in their back packs (if they have them) or just on their arm. For this reason, we use very light weight and easy to open food. The heaviest items in our bags are water and electrolyte drinks. Therefore, we ask you purchase the items from our shopping list to make life easier for those using our food bags. We thank you and so do they!!!!

*****Indicates most needed items

Dehydrated Meals/Protein

Mountain House – Biscuits & Gravy
Mountain House – Beef Stew
Mountain House – Breakfast Skillet
Mountain House – Rice & Chicken
Mountain House – Spaghetti w/Meat Sauce
Mountain House – Chili Mac w/Beef

***** Main Proteins

Chicken Salad/Crackers to Go
Ham Salad/Crackers to Go
Tuna Salad/Crackers to Go
Tuna, Pulled Pork & Chicken Packets
Small pop top cans of Chicken

*****Protein Bars 9 grams of protein or more

Nature Valley or other brands of
easy to chew High Protein Bars

Breakfast

Oatmeal Variety Packets
Soft Breakfast Fruit Bars

Snacks

Fruit Snack Packets
Lance Crackers (Variety) Packets
Applesauce Cups

Liquids

*****Gatorade Zero or other Electrolyte Drinks (12oz)
Water (16.9oz)
Small cans of V-8
*****Protein drinks

Other: Pre-Packaged Cutlery, New or gently used socks, gloves, hats, & backpacks.