

Food Pantry Needs

Flat River Outreach Ministries (FROM) believes everyone has the right to access good food. Our pantry focuses on foods that are healthy and nutritious to help prevent long-term illness, such as diabetes, cancer, and heart disease, and also improve mental health, social relationships, and overall well-being.

You can help us provide healthy options in our pantry by donating food, personal care items or by making a financial donation.



Personal Care Items



- Toilet Paper
- Laundry Soap
- Shampoo
- Soap
- Deodorant
- Disposable Razors
- Tooth Paste



Food



- Fresh Fruits and Vegetables
- Canned Vegetables (*low sodium or no salt added*)
- Canned Fruits (*low sugar/no sugar added*)
- Canned whole, diced, or crushed tomatoes (*low sodium or no sodium*)
- Pasta Sauces
- Boxed or Bagged Cereal (*low sugar or no sugar, whole grain*)
- Brown Rice
- Pasta
- Cheese
- Dried unsalted nuts & seeds (individual serving sizes preferred)
- Whole Grain Bread
- Tortillas
- Olive or Canola Oil
- Peanut Butter
- Healthy snack options (whole grain low sodium crackers, chips & popcorn)
- Canned Meats (*low/no sodium *Tuna & chicken preferred**)
- Fresh Meats (*chicken, venison, or pork. Must be processed & labeled*)

We Do Not Accept cookies, baked goods, candy, soft drinks, dented or unlabeled cans or expired items.

Financial Gifts



Financial gifts help us buy items wholesale, or in bulk and purchase fresh, local and seasonal foods which helps every dollar go further.



Food Pantry Donations Can Be Dropped Off

At FROM's Main Office during regular hours Monday thru Thursday from 10:00 am - 4:00 pm.

(If you are unable to stop by during business hours, please call and we will arrange a time that works for you.)



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