

Bread for Life Community Food Pantry

Food Donation Items

Canned Goods:

Fruit (prefer packed in water or fruit juice)

Vegetables (prefer "low sodium" or "no salt added")

Soups - pull top

Stews - pull top

Peanut Butter

Shelf-stable dinners (Ex: Hormel Compleats)

Canned meats: tuna, chicken breast, SPAM, hams, etc.

Shelf-Stable Milk (Ex: Permalat)

Canned Pasta (Ex: Chef Boyardee)

Spaghetti Sauces - all flavors

Perishable:

1 lb. Meats

Deli meats

Deli cheese

Vegetables

Yogurt

Eggs

Fruits

Milk

Milk alternatives

Dry Goods:

Pastas

Mac & Cheese - large and individual

Pasta Kits (ex: Suddenly Salad, Pastas Sides, PastaRoni, etc)

Rice - all types

Flavored Rice (ex: Rice-A-Roni, Rice Sides, etc)

Oatmeal - large and individual

Dried Beans - all types

Instant Noodle Soups

Crackers

Cereal - large and individual

Flour

Sugar

Ground Coffee - regular, decaf, and instant

Tea

Pancake Mix

Cake and Brownie Mixes

Frosting

Biscuit mixes

Breadcrumbs

Stuffing Mixes

Additional Goods:

Ketchup

Mustard

Soy Sauce

Salad Dressings

Gravy - all flavors (dry or jars)

Cooking Oils

Spices

Juice Boxes

Fruit Chews/rollups

Non Food Items:

Toilet Tissue

Tissues

Paper Towels

Cleaning Supplies

Adult Depends

Infant Diapers

Infant Formula

Shampoo

Soaps

Toothpaste

Toothbrushes

Deodorant

Disposable Razors

We would love for you to stop by!

**Please drop off perishable food items on
Monday's 9AM - 2PM & Wednesday's 11AM - 4PM**

We have a drop box behind the building for nonperishable items

7840 John Clayton Memorial Highway Gloucester, VA 23061

e-mail: bflpantry@gmail.com www.breadforlifefoodpantry.com



2026 Monetary Donation



Amazon Donation List



Volunteer Signup