

BLESSING BOX

Shopping Suggestions

Proteins

- Canned meats: chicken, ham, spam, corned beef
- Fish (canned or packets): tuna, salmon, sardines
- Nut / seed butter: peanut, almond, sunflower
- Shelf-stable cheeses: parmesan, cheese spreads
- Shelf-stable meats: pepperoni, summer sausage
- Jerky: mushroom, beef, turkey
- Assorted nut mixes
- Protein bars

Fruits & Vegetables

- Apple sauce
- Dried fruit: mango, cranberries, raisins
- Canned fruit: mandarins, peaches, pineapple
- Individual fruit cups
- Fruit strips or gummies
- Canned vegetables: green beans, peas, corn, carrots, tomatoes, veg-all, etc.
- Pizza Sauce (cans or jars)
- Baby food (jars or pouches)

Grains & Carbs

- Pasta: spaghetti, linguine, penne, macaroni
- Rice: instant packages, bags
- Beans (canned or dry): pinto, black, cannellini
- Shelf stable pizza crust
- Tortillas
- Cereal & granola (individual packages or boxes)
- Cereal bars & granola bars
- Trail Mix
- Crackers
- Rice cakes
- Pretzels
- Popcorn (kernels or microwaveable)
- Pudding or Jell-O cups

Soups, Stocks, & Broth

- Soups (boxed or canned): tomato, chicken noodle, beef stew, vegetable, cream of mushroom
- Broth or stock (boxed or canned): beef, chicken, veggie

Boxed Entrees

- Mac & cheese boxes
- Canned chili
- Campbell's Ready Meals

Milks & Beverages

- Shelf-stable almond or soy milk
- Powdered or condensed milk
- Water bottles
- Juice boxes

Non-food Items

- Dog/cat food
- Socks
- Rain gear
- Baby wipes & diapers
- Deodorant
- Toothpaste & alcohol-free mouthwash
- Shampoo & conditioner
- Sun block & SPF lotions
- Toilet paper
- Feminine hygiene products
- Sanitizer sprays or wipes
- Gloves
- First-Aid supplies
- Cleaning supplies

All pantry items must be:

- Shelf-stable (non-perishable)
- Sealed
- Able to withstand high temperatures

If this Blessing Box is full, consider dropping off at these other local Blessing Box locations:

1110 College Ave, Manhattan, KS
2500 Kimball Ave, Manhattan, KS
1101 Westloop, Manhattan, KS
506 S 4th St., Manhattan, KS
2610 Farm Bureau Rd, Manhattan, KS
2101 Claflin RD, Manhattan, KS
2400 Casement, Manhattan, KS
700 Poyntz Ave, Manhattan, KS
1231 Poyntz Ave, Manhattan, KS
930 Poyntz Ave, Manhattan, KS
3320 Anderson Ave, Manhattan, KS
600 Laramie, Manhattan, KS
202 E. Randolph St., Randolph, KS
220 Willow St. Ogden, KS
303 16th St. Ogden, KS
117 N. Erpelding St., Leonardville, KS
104 Kansas Ave, Riley, KS