

**Williamsburg House of Mercy
Emergency Food Pantry Staples**

- Hot Cereal
- Cold Cereal
- Rice
- Boxed Mashed Potatoes
- Protein Drinks (Boost, Ensure, etc.)
- Canned Vegetables
- Canned Beans (Black, Kidney, etc.)
- Canned Tomatoes
- Spaghetti Sauce
- Granola Bars
- Ramen Noodle Meals
- Microwave Soups/Meals
- Pasta/Spaghetti
- Macaroni & Cheese
- Canned Tuna
- Canned Chicken
- Other Canned Proteins (Beef Stew, Spam, Ham, etc.)
- Soups - (Especially Chicken and Tomato Soup)
- Peanut Butter
- Jelly
- Canned Fruits
- Crackers
- Cookies/Snacks

Toiletry Staples

- Toothbrushes - Adult & Child
- Toothpaste
- Miscellaneous Dental (Floss, Mouthwash, etc.)
- Disposable Razors
- Shaving Cream
- Deodorant
- Hand Sanitizer
- Soap
- Lotion
- Shampoo & Conditioner