



Wellspring Living

Food Pantry Wish List Women's Academy

We invite individuals, groups and organizations to donate items or host drives to help fulfill the needs of the Women's Academy. Please contact the Dionne Houston at dhouston@wellspringliving.org to donate, host a drive or to learn more about supporting our women to success.

Urgent Needs

- Snacks
- Breakfast items
- Instant meals
- Canned goods
- Drinks (*juice, water*)
- Gift cards and certificates

Instant Meals **high need**

- Microwavable meals (*Stouffer's, Marie Callendars, Healthy Choice, Lean Cuisine*)
- Chef-Boyardee (*Ravioli, Spaghetti-os*)
- Soup Microwavable Cups (*Chicken Noodle, Tomato, Potato, etc.*)
- Ramen noodles
- Beans and rice (*e.g. Uncle Ben's Ready Rice, Rice a Roni cups*)

Drinks

- Bottled water
- Boxed juices (*100% juice*)
- Powerade, Gatorade (*all flavors*)
- Breakfast milk drinks
- Milk (*individual cartons*)

Condiments

- Peanut butter- individual packages
- Apple/almond butter- individual packages
- Jelly/jams/honey- individual packages
- Sugar, salt & pepper packets

Other

- Reusable Thermal Bags
- Non-Woven insulated tote bags
- Ziploc bags (*gallon and snack bags*)
- Casserole Club (*Frozen casseroles to be taken home and re-heated*)
- Taco Dinner Kits

Breakfast Items

- Instant oatmeal (*individual packs*)
- Instant grits
- Cereal bars
- Breakfast cereal (*fun packs*)
- Power Bars / Protein Bars
- Pop-Tarts

Canned Goods: Pull Tops or Twist Tops Only

- Canned vegetables
- Tuna (*can or pouch style*)
- Vienna Sausages
- Hormel Chili
- Tomato Sauce
- Alfredo Sauce
- Soup
- Beans

Pasta, Rice & Beans

- Pasta (*all varieties*)
- Bags of rice (*brown, jasmine, white, yellow*)
- Beans (*black, red, lentils, black-eyed peas*)

Gift Cards (\$10, \$15, \$25 or More):

- Target
- Walmart
- Kroger
- Publix
- Trader Joe's
- Sam's Club
- Costco
- BJ's
- Visa
- Mastercard