



Covid Mission Task Force

Richmond District United Methodist Churches working together for their communities

#rvaUMCmissions

MOST NEEDED ITEMS FOR

Food Pantries at Belmont UMC, Sherbourne UMC, and Welbourne UMC



PEANUT BUTTER

Creamy or crunchy



LEAN CANNED PROTEIN

Tuna, salmon or chicken in water



CANNED VEGETABLES

Low sodium or no salt added



CANNED FRUITS

In its own juice or water



TOMATO PRODUCTS

Spaghetti sauce or diced tomatoes



BEANS

Canned or dry



WHOLE GRAIN CEREAL

Hot or cold



WHOLE GRAINS

Pasta, brown rice, quinoa



HEALTHY SNACKS

Fruit cups, raisins, granola bars

