

## **Items Needed at the East Mt Food Pantry**

Your support is appreciated.

Milk - can be dry, shelf-stable or canned

Packages of Pinto Beans or Rice

Canned Vegetables, Beans, Meat or Fruit

Canned Tomato Products

Pasta

Spaghetti Sauce

Mac & Cheese

Ramen Noodles

Peanut Butter

Jelly

Cereal

Snacks

Soup & Crackers

Seasoning Packets

Flour &/or Sugar

Salt & Spices

Coffee

Creamers

Hamburger Helper

Baby Food

Hygiene & Dental care

Pet Food

Over the Counter Meds

and Bibles

**If you have perishable items or for  
questions/info call:**

Sammie

or

Winnie

228-9593

281-0467

**EAST MT. FOOD PANTRY**  
**PO Box 1163**  
**Tijeras, NM 87059**

**Currently located in Tijeras on the east side of  
First Baptist Church.  
Intersection of NM 333 & NM 337**

**We hope to move to a larger building this fall.**

*Distribution Hours as of 3/7/18*

Tuesday 9:00--3:00

Wednesday 1:00-6:00

1<sup>st</sup> & 3<sup>rd</sup> Saturday 10:00-12:00

**check us out at:**  
**EastMountainFoodPantry.org**

**We are a 501(c)(3) Non-Profit organization.**

The East Mt. Food Pantry is an equal opportunity  
agency affiliated with Roadrunner Food Bank.