



***Fuel for the Body –  
Food for the Soul***

**Help care for our neighbors in need by your food and/or financial gifts to equip THRIVE's pantry.**

**Suggested items:**

**Fresh, frozen, and shelf-stable items welcomed!  
Please call ahead for large deliveries**

- All-in-one, Boxed Meals (i.e. Hamburger Helper)
- Baking supplies
- Canned or Dry Beans
- Canned Tomatoes
- Cereal/Oatmeal/Cream of Wheat
- Crackers & Cookies
- Fruit
- Fruit Juice
- Meats
- Milk
- Pasta
- Peanut Butter, Jelly
- Potatoes
- Pudding/Jell-o
- Rice
- Soups/Stews
- Spaghetti Sauce
- Stuffing
- Vegetables



**13195 Warwick Blvd. Unit 2C, Newport News, VA 23602  
Hours: Mon - Thurs 10am to 5pm / Tel 757.877.6211**

**[www.thrivepeninsula.org](http://www.thrivepeninsula.org)**