



# NAM Food Pantry Everyday Wish List

Canned Vegetables

Canned Pasta

Canned Soup

Canned Fruit

Canned Tuna

Canned Spaghetti

Sauce

Canned Tomato

Products

Dry Pasta

Rice

Starches/Tuna

Helper

Hamburger Helper

Dry Soup

Dry Beans

Peanut Butter

Jelly

Macaroni & Cheese

**281-885-4589**

**Cash donations are always appreciated.**

Northwest Assistance Ministries  
15555 Kuykendahl, Houston, TX 77090  
[www.namonline.org](http://www.namonline.org)