

# Support PEC's Food Cupboard



People's Emergency Center's Food Cupboard provides emergency food families and individuals in Philadelphia. PEC's Food Cupboard is open every Saturday from 10:30am-1:30pm, or until the food supply is exhausted. Guests can come to PEC for food relief once per month unless they have an emergency. We need your help to keep our cupboard full so we are able to meet the needs of all the families and elderly who turn to us. Your support is greatly needed as we work to end homelessness and hunger in our society. The following is a list of non-perishable items needed for our food packages:

Canned soups  
Pasta sauce & gravies  
Infant food, Cereal, & Formula  
Canned fruits & vegetables  
Cooking oil  
Cereal & other breakfast foods  
Pastas & macaroni pasta  
Canned tuna & salmon  
Canned beans  
Jams & jellies  
Pie crust mix  
Condiments

Stuffing mix  
Cranberry sauce  
Rice and rice mixes  
Coffee & tea  
Powdered milk  
Flour & Sugar  
Peanut Butter  
Canned chicken & ham  
Cornbread mix  
Boxed potatoes  
Canned pie filling

**If you have questions or would like additional information about PEC, please contact Aline Avance at (267) 777-5470 or by email at [aavance@pec-cares.org](mailto:aavance@pec-cares.org).**

