



FAMILY SUPPORT NETWORK

Challwell Street, Tortola, VG 1110

British Virgin Island

Telephone: (284) 542-2085 Email: familysn1@yahoo.com

FSN PANTRY LISTING

Corn Beef	Milo
Tuna Fish	Pancake Mix
Spam	Pancake Syrup
Macaroni and Cheese	Penne pasta
Can Milk	Box Milk (Life shelf milk)
Rice	Flour
Corn Meal	Soda Biscuit
Ramen Noodles	Eggs
Tang/Kool-Aid/Tea	Oats
Cereal (cornflakes etc.)	Spaghetti
Ovaltine	Cream of Wheat
Canned Soup	Sugar
Sardine (tomato/oil/water)	Snacks (Jello, Applesauce, Oreo, Chips Ahoy, assorted Chips, Kool pops, etc.)
Caprisun	Water
Ketchup	Tomato Sauce
Sausages	Peas and Beans – packs and cans (Red, Black, Blackeye)
Chickpeas	Cooking Oil
Salt	Shampoo
Detergent	Body lotion
Sanitary Pads	Toilet paper
Deodorant (men and women)	Bathing soap
Toothpaste	Baby Wipes
Manicure Sets	Pull- Ups/Pampers (sizes 2-5)