



## Suggested Food Donations for St. Joe's

- Stew
- Soup
- Tuna
- Oatmeal and cereal
- Dried beans and rice
- Pasta and pasta sauce
- Canned fruit and vegetables
- Peanut Butter/Jelly (plastic bottles)

### Other Items:

#### Staples:

- Cooking Oil
- Sugar
- Flour
- Mayonnaise
- Ketchup
- Mustard
- Salsa
- Seasonings
- Grits

#### Snacks:

- Nuts
- Whole Grain Crackers
- Applesauce

#### Breakfast:

- Pancake Mix
- Syrup
- Breakfast Squares
- Cereal Bars
- Coffee/Tea
- Powdered Milk

**Dinner:**

- Spaghetti and Sauce
- Refried Beans
- Mexican  
Sauce/Seasonings
- Taco Shells
- Noodles
- Cream of Mushroom  
Soup
- Canned: Chili, Stews,  
Beans

**Holidays:**

- Canned Sweet Potatoes
- Canned Gravy
- Cranberry Sauce
- Stuffing Mix
- Canned Pumpkin
- Evaporated Milk
- Canned Hams
- Frozen Turkeys  
(requires special pick-  
up arrangements)