

Pantry Shopping List – Fall 2023

FOOD ITEMS (We cannot accept homemade or repackaged food)

- ◇ Cooking Oils
- ◇ Canned meats - tuna, chicken, spam
- ◇ Hormel Complete Meal Packages
- ◇ Beans (black, navy, and northern)
- ◇ Shelf-stable tofu, protein bars
- ◇ Canned fruit
- ◇ Canned veggies (corn, peas, green beans)
- ◇ Soup (tomato, vegetable beef, chicken noodle)
- ◇ Beef stew, ravioli, chili
- ◇ Mac & Cheese packages
- ◇ Cereal
- ◇ Coffee, hot chocolate packages
- ◇ Ethnic foods and all spices
- ◇ Jams and Honey

OTHER ITEMS

- ◇ Dog/cat food
- ◇ TP, Kleenex, paper towels
- ◇ Shampoo, conditioner, bath soap
- ◇ Toothpaste, toothbrush
- ◇ Feminine hygiene tampons/pads
- ◇ Laundry detergent
- ◇ Cleaning supplies
- ◇ Dish soap

St. Mary's Food Pantry Ministries

Student Food Pantry - ministry of Episcopal Campus Ministry in partnership with Food for Lane County, Grace Lutheran Church, and UO

FISH – Friends in Service to Humanity, located in Trinity United Methodist

Leave non-perishable items at St. Mary's in the basket by the Chapel. The Food Pantry Committee will transport them to the pantries.