



ST. JOSEPH Social Service Center

Help Nourish Our Community

Most needed items:

Fruits

- Canned fruit, “no sugar added”/packed in own juices or 100% fruit juice preferred
- Shelf-stable fruit cups
- Dried fruit
- Hardy fresh fruits such as apples, oranges, unripe bananas

Grains

- Bread, tortillas, crackers, pasta, whole grain preferred
- Brown Rice
- Oatmeal
- Whole grains such as barley, quinoa, farro
- Flour, whole wheat preferred
- Ready to eat cereal, unsweetened with 3 gm fiber or more/serving preferred

Dairy

- Shelf stable milk, low fat 1% or fat-free preferred
- Dried milk
- Calcium-fortified milk alternatives (soy, almond, rice)

Vegetables

- Canned, no added salt or low-sodium preferred
- 100% Vegetable Juice
- Tomato sauce, plastic jars preferred
- Hardy vegetables such as potatoes, carrots, onions, winter squash

Protein

- Canned chicken and fish, packed in water/no added salt preferred
- Dried beans, peas, lentils
- Canned beans, no added salt or low sodium preferred
- Peanut and nut butters, plastic jars
- Raw or dry roasted nuts

Other

- Canned with flip tops or shelf-stable soups, no added salt or low sodium preferred
- Jelly, plastic jars
- Baby formula or baby food

Thank you for sharing your blessings!

“Share your bread with the hungry and shelter the homeless poor” - (Isaiah 58)