

# Food Drive

## Commonly-Needed Items

Applesauce  
Peanut Butter or Almond Butter  
Canned Soups  
Canned Fruits & Vegetables  
Pasta & Sauce  
Rice & Lentils  
Boxed Cereal  
Oatmeal or Cream of Wheat  
Mac & Cheese Dinners  
Canned Chicken & Tuna  
Other Canned Meats (like Spam)  
Canned Ravioli & Stew  
Canned Beans  
Packaged Soup Broth  
Crackers  
Granola Bars  
Instant Mashed Potatoes  
Boxed Meals  
Pasta Helpers  
Nuts & Dried Fruit  
Juice & Juice Boxes  
Velveeta  
Baby Food & Formula  
Shampoo & Conditioner  
Toothpaste & Toothbrushes  
Soap & Body Wash  
Deodorant  
Diapers & Wipes  
Laundry Detergent  
Toilet Paper & Paper Towels  
Facial Tissue  
Household Cleaning Items  
Foil & Plastic Wrap  
New Reusable Food Containers  
Dish Soap, Cloths & Sponges  
Trash Bags  
New Reusable Water Bottles

## Other Things to Consider

- Families sometimes cannot use all the wonderful canned foods that are donated because they do not own can openers. Consider donating a can opener or only choosing canned goods with pop-tops.
- Boxed or shelf-sustainable milk complements boxed cereal to put breakfast on the table.
- Spices and seasonings that aide in cooking are rarely donated. Consider the basics like salt, pepper, garlic powder, minced onion, oregano, basil, and cinnamon.
- Tea bags and coffee make each day a little sweeter.
- Sugar, flour, boxed cake mixes and canned frosting allow families to bake and to provide a cake for a child's birthday.
- Tuna and crackers make a quick, nutritious lunch.
- Feminine hygiene products are, too often, a luxury for women with limited income.
- Cooking oil aids in preparation of other non-perishables like Rice-a-Roni and pasta.
- Much-needed supplies for infants and pets are expensive and often overlooked donation ideas.

**Thank YOU for Helping  
Our Neighbors in Need!**



*The School Sisters of St. Francis*  
U.S. Province