

# ST. VINCENT DE PAUL

- cereal
- oatmeal (individual packets)
- breakfast bars
- Pop-tarts
- pancake syrup
- pancake mix
- peanut butter
- jelly/jam
- shelf milk
- dry milk
- saltine crackers
- other types of crackers
- flour
- sugar
- coffee
- cooking oil

- dried beans
- dried white or brown rice (bag)
- canned soups
- Ramen noodles
- green beans
- corn
- mixed vegetables (carrots, peas,...)
- black beans
- refried beans
- pork/baked beans

- Mac n' cheese
- pasta noodles
- spaghetti
- spaghetti sauce
- tomato sauce
- potatoes (boxed, canned, packages)
- canned beef ravioli
- canned meats (tuna, chicken, vienna sausages...)
- canned fruits (peaches, pears, pineapple...)

- bar soap
- deodorant
- toothpaste
- toothbrushes
- toilet paper
- shampoo
- conditioner
- sanitary napkins
- adult diapers
- baby wipes

- dish soap
- laundry detergent