



## St. Vincent de Paul Society St. Ann's Conference

**Please use this shopping bag to help feed the needy.**

### **SUGGESTED SHOPPING LIST**

<b>* INDICATES ITEMS MOST OFTEN REQUESTED</b>	
*Pancake Mix/Syrup	*Tuna/Chicken
*Spaghetti Sauce/Alfredo Sauce	*Hamburger Helper
*Vienna Sausage/Spam/Beef Stew	*Potato Mixes (Mashed/Au gratin)
*Canned Vegetables (Sweet Peas, Mixed Vegetables, Carrots)	*Macaroni & Cheese (Velveeta/Kraft Deluxe)
*Laundry Detergent/Dishwashing Liquid	*Snacks (Cheez-its/Goldfish/Rice Krispies/Lance Crackers/Popcorn)
*Taco Shells/Salsa/Taco Seasoning	*Fruit Juice/Lemonade Mix
*Canned Pasta (Beef Ravioli/Spaghetti & Meatballs)	*Dry Cereal (Frosted Flakes/Fruit Loops/Captain Crunch)
*Paper Goods (Toilet Tissue, Paper Towels, Tissues)	*Coffee(Ground & Instant)/Tea/Hot Chocolate
*Sugar/Flour	*Crackers (Saltines/Ritz/Club)
*Mayo/Mustard/Ketchup	*Jelly/Preserves (Strawberry)
*Personal Hygiene (V05 Shampoo, Toothpaste, Toothbrush)	*Fruit Cups (100% Juice/No Sugar Added)
<b>ALWAYS APPRECIATED ITEMS</b>	
Rice/Yellow Rice	Brownie Mix
Oatmeal/Grits (Instant) (Maple Brown Sugar)	Chili/Manwich/Chicken & Beef Broth
Vegetable Oil/Vinegar	Granola Bars (Chewy/Crunchy)
Fruit Snacks/Strips/Roll-ups	Cornbread/Muffin Mix
Diced Tomatoes/Rotel	Salad Dressing (Ranch & Italian)
BBQ Sauce/Hot Sauce	Rice-a-Roni
Canned Beans (Pinto/Black/Kidney)	Ramen Noodles (Chicken)

**THANK YOU FOR YOUR GENEROSITY!**