



# 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  | *Granola bars (chewy/crunchy)                                     |
| *Vienna sausages/Corned beef hash/SPAM                        | *Coffee (ground & instant)/Tea/Hot chocolate                      |
| *Laundry detergent/Dishwashing liquid                         | *Fruit cups/Applesauce (100% juice/no sugar added)                |
| * Taco shells/Salsa/Taco seasoning                            | *Fruit juice/Juice boxes/Lemonade mix                             |
| *Spaghetti & meatballs/Beef ravioli                           | *Vegetable oil  |
| *Hamburger Helper   | *Potato mixes (au gratin/mashed)                                  |
| *Sugar  | *Crackers (saltines/Ritz/club)                                    |
| *Mayo/Mustard/Ketchup   | *Jelly/Preserves (grape/strawberry)                               |
| *Brownie/Cookie mixes/Frosting                                | *Alfredo sauce  |
| *Canned vegetables, no salt (peas, mixed vegetables, carrots) | *Paper goods (toilet tissue, paper towels, tissues)               |
| *Personal hygiene (shampoo, soap, toothpaste, toothbrush)     | *Snacks (Cheez-Its/Goldfish/Rice Krispies/Lance crackers/popcorn) |
| <b>ALWAYS APPRECIATED ITEMS</b>                               |   |
| Rice/Yellow rice  | Canned beans (baked)  |
| Oatmeal/Grits (instant)                                       | Chicken noodle soup   |
| Dry cereal (sugary)   | Tuna/Chicken  |
| Fruit snacks/strips/Roll-ups                                  | Cornbread/Muffin mix  |
| Diced tomatoes/Rotel  | Salad dressing (Ranch & Italian)                                  |
| BBQ sauce/Hot sauce   | Flavored rice & pasta mixes                                       |
| Salt/Pepper/Spices  | Ramen noodles/Mac & cheese cups                                   |

**THANK YOU FOR YOUR GENEROSITY!**

8.12.22