



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

Please use this shopping bag to help feed the needy.

SUGGESTED SHOPPING LIST

MOST-REQUESTED ITEMS	
Pancake mix/Syrup	Tuna/Chicken/Sardines
Spaghetti sauce/Alfredo sauce	Hamburger Helper
Macaroni & cheese	Potato mixes (mashed/au gratin)
Canned vegetables (sweet peas, mixed vegetables, carrots)	Vienna sausages/Corned beef hash/SPAM
Laundry detergent	Snacks (Cheez-its/Goldfish/Rice Krispies/Lance crackers/Popcorn)
Dishwashing liquid	Fruit juice/Lemonade mix
Taco shells/Salsa/Taco seasoning	Vegetable oil
Canned pasta (beef ravioli)	Coffee (ground & instant)
Paper goods (toilet tissue, paper towels, tissues)	Tea/Hot chocolate
Sugar/Flour	Crackers (Saltines/Ritz/Club)
Mayo/Mustard/Ketchup	Jelly/Preserves (strawberry)
Personal hygiene items (shampoo, soap, toothpaste, toothbrush)	Fruit cups/Applesauce (100% juice/no sugar added)
ALWAYS-APPRECIATED ITEMS	
Rice/Yellow rice	Brownie mix
Oatmeal/Grits (instant)	Chicken noodle soup/Chili
Dry cereal (Sugary)	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
Salt/Pepper/Spices	Ramen noodles

THANK YOU FOR YOUR GENEROSITY!

8.18.23