

Food Pantry Shopping List

St. Raphael Church, 722 E. College Street, Iowa City

When shopping for a food pantry, buy what you'd like to receive.

At this point, we take only nonperishables (anything that doesn't need to be kept in a fridge). Here are some examples:

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| <input type="checkbox"/> Allergy-friendly foods | <input type="checkbox"/> Oatmeal, flavored or plain |
| <input type="checkbox"/> Baby formula | <input type="checkbox"/> Pasta, such as macaroni, spaghetti |
| <input type="checkbox"/> Boxed dinners (such as mac and cheese) | <input type="checkbox"/> Rice |
| <input type="checkbox"/> Canned beans | <input type="checkbox"/> Sauces, such as spaghetti sauce |
| <input type="checkbox"/> Canned meat or fish | <input type="checkbox"/> Soups, canned or dried |
| <input type="checkbox"/> Canned tomato products | <input type="checkbox"/> Tampons, feminine hygiene products |
| <input type="checkbox"/> Canned veggies | <input type="checkbox"/> Toilet paper |
| <input type="checkbox"/> Canned or dried fruit | <input type="checkbox"/> Toothbrushes |
| <input type="checkbox"/> Cereal | <input type="checkbox"/> Soap, shampoo, etc. |
| <input type="checkbox"/> Crackers | <input type="checkbox"/> Baking ingredients: flour, sugar, salt, baking powder and soda |
| <input type="checkbox"/> Diapers and wipes | <input type="checkbox"/> Seasonings like salt, pepper, cayenne, garlic, chili powder |
| <input type="checkbox"/> Dry or canned milk | <input type="checkbox"/> |
| <input type="checkbox"/> Jelly | <input type="checkbox"/> |
| <input type="checkbox"/> Juice boxes (100% pure juice) | |
| <input type="checkbox"/> Ketchup | |
| <input type="checkbox"/> Mayonnaise | |
| <input type="checkbox"/> Mixes that use only water | |
| <input type="checkbox"/> Nut butters (peanut, almond, etc.) | |