



Shopping List for the O.A.S.I.S. Food Pantry

Note: the best buys for the money are the generic brands

- Peanut Butter
- Jelly (Plastic container)
- Canned Fruit (Peaches, Pears, Fruit Cocktail) *no pineapple*
- Canned Soup (any type however tomato, vegetarian vegetable and chicken noodle seem to be the favorites) *No cream of anything*
- Pasta Sauce (canned)
- *Canned meat (Chicken, Ham, Chili with meat, Ravioli, Pasta and Meat, Generic “Chefboyardee”)
- *Canned Sloppy Joes or Manwich
- Canned tuna
- Breakfast Cereal (Both Children and Adult brands)
- Instant Potatoes (Box)
- Pancake Mix
- Syrup (Plastic container)
- Rice (white, 1 pound bag)
- *Toothpaste (Pepsident or AIM is usually ~\$1.00)
- *Shampoo (Suave ~\$1.00)
- *Deodorant (Sometimes 10 for \$10)
- *Laundry detergent (32 load containers)
- Hamburger, chicken, tuna helpers “in a box”
- Canned Chicken or Beef broth
- *Jello or pudding
- *Corn Muffin Mix (Jiffy Box)
- *Pasta side dishes
- Cake Mix and/or Canned Frosting (Give in birthday bags)

* *We typically do not receive many of these items from food drives.*

Outreach Assistance Serving Individuals in St. Charles County O.A.S.I.S.

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