



# O.A.S.I.S.

Outreach Assistance Serving  
Individuals in St. Charles County

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

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

- **Peanut Butter** (Plastic container)
- **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.**

1814 Boone's Lick Road, St. Charles, MO 63301 Website [www.oasisfoodpantry.com](http://www.oasisfoodpantry.com)

Phone: 636.723.0037 E-mail: [oasisfoodpan@aol.com](mailto:oasisfoodpan@aol.com)