

PLEASE DONATE TO THE ST. KILIAN OUTREACH PANTRY!

SUGGESTED ITEMS INCLUDE:

Personal Care Items are greatly needed:
Deodorant, Shampoo, Conditioner, Soap, and Toothpaste



Paper Goods: Napkins, Paper Towels, Tissues, Toilet Paper



GRAINS

Cereal
Crackers
Oatmeal
Pancake Mix
Rice
(we have enough pasta!)



VEGETABLES

Carrots
Corn
Mixed Vegetables
Peas
Potatoes
Spinach
Tomatoes
Tomato Paste
Tomato Sauce
Yams



DRINKS

Coffee
Hot Chocolate
Juice
Tea



PROTEINS

Baked Beans
Beans- Black, Red and White
Beef Stew (canned)
Canned Chicken
Chic Peas
Chili
Dry Beans – Lentils
Peanut Butter
Salmon
Tuna



CANNED FRUIT

Cranberries
Mixed Fruit
Oranges
Pears
Peaches
Pineapples

CONDIMENTS



Gravy
Ketchup
Mayonnaise
Mustard
Salad Dressing



COMBINATION FOODS

Hamburger/Chicken Helper
Macaroni & Cheese
Pasta Roni
Rice-A-Roni
Spaghetios/ Beefaroni



SOUP

Broth-Beef/Chicken
Progresso & Chunky



DAIRY

Evaporated Milk
Liquid Milk (Parmalat, etc)
Powdered Milk



SWEETS

Brownie Mix
Cake Mix & Icing
Cookies
Jello & Pudding
Jelly
Pancake Syrup
Sugar (1 lb ok)

Thank You For Helping Us Help Others