

St. Thomas' Food & Wellness Pantry Most Needed Items

Non Perishable Pantry Staples:

Canned hearty/chunky soups with a pop top lid

Canned Ravioli

PB & Jelly

Rice

Flavored Rice packets (e.g. Rice-a-Roni)

Pasta

Grains (Oats, Quinoa)

Shelf stable milk (quart size)

Protein Rich Foods:

Canned tuna

Canned chicken

Peanut & Nut/Seed Butters

Healthy Snacks & Breakfast Items:

Granola Bars

Cereal Bars

Applesauce Pouches

Instant tea/coffee Packets

Oatmeal Packets

Peanut Butter Crackers or Cracker Packets

Pretzels