

St. Bartholomew's Parish Pantry

St. Bartholomew's Parish Pantry is a ministry collecting food for those in need. On the last Sunday of every month we collect a variety of healthy, easy to use, shelf-stable and easy to transport foods. Below are suggestions for the most basic food needs but please feel free to add items you think would fit the categories below.

GENERAL FOOD ITEMS

Canned stew, chili, soup, similar canned meals
Canned tuna, salmon
Canned chicken or other meats
Canned beans
Canned vegetables (low-sodium)
Canned tomatoes; whole, diced, sauce, paste
Pasta sauces
Canned fruit in juice (no artificially sweetened)
Boxed juices
Canned/boxed chicken, beef, vegetable broths (low-salt)
Dried beans, legumes, grains, quinoa
Rice
Pasta, noodles
Cooking oils: olive, canola, vegetable oil
Oatmeal (rolled, old fashion, quick, instant)
Hot and cold cereals
Whole grain, low-sugar cold cereals
Popcorn kernels (not microwave popcorn)
Crackers, cookies (in boxes)
Nuts, seeds, trail mix, unsalted
Dried fruits (apricots, apples, raisins, berries, dates)
Shelf stable milk (evaporated, sweetened condensed, dry) Milk substitutes (almond, rice, soy)
All-Purpose flour
Sugar: granulated, powdered, brown (light or dark)
Peanut butter or other nut butters
Jams, jellies, preserves, honey
Baking mixes: cake, bread, cookie
Salt, pepper, spices, herbs

INFANT & BABY FOODS & NEEDS

Baby formula
Infant cereal
Jared baby food (all stages)
Powdered, canned milk
Baby diapers, pull-ups, wipes
Baby wash, shampoo, powder, diaper ointment

PERSONAL HYGIENE ITEMS

Bath soaps
Shampoo, conditioner
Toothpaste, tooth brushes
Hand lotion

HOLIDAY INGREDIENTS SUGGESTIONS

Canned yams
Canned potatoes, vegetables
Stuffing mix
Canned fruits, dried fruits
Cranberry sauce, applesauce
Canned Pie fillings
Baking mixes: cake, bread, cookie, pie dough
Shredded coconut
Chocolate chips
Nut meats
Holiday candies and treats

FOODS TO AVOID

Foods you would not eat yourself or serve to others

Foods past expiration (this is a biggie so please check items coming from the back of your pantry!)
Food in damaged packages, unlabeled items, home canned foods
Foods packaged in flimsy boxes, paper or cellophane bags (potato/corn chips and such) that can easily be crushed or damaged in transport
Fresh produce, foods needing refrigeration
Frozen foods
Junk-type foods and foods high in sodium and sugars