



ST. MARY'S  
EPISCOPAL CHURCH



# Most Needed Items

Please note that we prefer pop tops for all canned goods if possible.

## Proteins

Chili  
Canned Tuna  
Canned Chicken  
Canned Ham  
Peanut Butter  
Vienna Sausage

## Breakfast Items

Cereal  
Grits  
Oatmeal  
Breakfast Bars  
Granola Bars

## Snack Packs

Protein Bars  
Peanut Butter Crackers  
Cheese Crackers  
Individual Chips  
Fruit Cups/Apple Sauce  
Canned Meats

## Beans - Dry or Canned

Baked Beans  
Butter Beans  
Kidney Beans  
Red Beans  
Black Beans  
Lima Beans  
Lentils  
Pinto Beans

## Canned Soups

Hearty Soups  
Broth  
Stew  
Chicken Noodle

## Canned Fruits

Pineapple  
Peaches  
Mango  
Pears  
Apple Sauce

## Hygiene

Deodorant  
Shampoo & Conditioner  
Feminine Hygiene  
Toothpaste  
Toothbrushes  
Soap  
Mouthwash  
Razors  
Toilet Paper

## Starch

Pasta - with sauce  
Mac and Cheese  
Stuffing  
Rice  
Instant Mashed Potatoes  
Ramen  
Canned Corn  
Yams

## Canned Vegetables

Carrots  
Spinach  
Greens  
Sweet Peas  
Green Beans  
Mixed Vegetables

## Bonus Items

Coffee  
Shelf Stable Milk  
Jelly  
Bouillon Cubes  
Tea  
Sugar/Flour  
Cooking Oil  
Paper Towels  
Dish Soap  
(not for dishwasher)  
Laundry Detergent

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