

Infant of Prague Outreach Resource Center

Printable Food Bank Shopping List

Breakfast

- Cereal
- Muffin/pancake mix (just add water)
- Oatmeal Packets or Quick Oats
- Toaster pastry
- Breakfast/granola bars

Cooking items

- Canola oil
- No-salt season blends
- All purpose flour
- Shelf-stable milk or milk alternatives
- Sugar

Homeless items

- Single-serve ravioli, soup, or chili
- Tuna packets
- Cheese or peanut butter crackers
- Granola bars

Dinner items

- Pasta or rice dishes
- Canned fruit (any variety)
- Box macaroni and cheese
- Ramen noodles
- Tuna or chicken “helper”
- Boxed mash potatoes
- Dry beans or lentils
- White or brown rice (16oz)
- Corn bread or biscuit mix

Staple Items

- Canned raviolis
- Canned soup, large and regular size
- Canned meat (chicken, tuna, ham)
- Canned vegetables
- Boxed potatoes
- Dry pasta (spaghetti, elbow noodles, etc)
- Marinara sauce
- Peanut butter
- Jelly (plastic jars preferred)
- Applesauce

Other ways to donate:

Monetary donations (i.e. cash, check, grocery/bulk store gift cards) help us purchase perishable items like:

- Milk
- Eggs
- Cheese
- Yogurt
- Meat
- Produce
- Bread