



St. Anna's Food Pantry provides two large bags of groceries to 25 families in need and Blessing Bags to 100+ homeless each month. Many of the people we serve with groceries live on social security or disability alone; some have recently lost jobs; some care for their grandchildren; most have health issues. In addition to the non-perishable items, St. Joseph Abbey provides loaves of fresh made bread. We serve people living between Canal Street and the Industrial Canal, and between the River and Claiborne Avenue.

Here is a list of items we use -- it would be great to stay within this list if at all possible:

For monthly food distribution:

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|----------------------------------|---|
| Canned vegetables (low sodium) | Canned tuna (in water) |
| Canned beans | Canned chicken |
| Canned soup (low sodium) | Canned fruit (in own juice, no syrup) |
| Canned stew (low sodium) | Crackers (unsalted tops, whole grain) |
| 1# bags dried beans | Peanut or almond butter |
| 1# bags rice | Shelf-stable milk (individual containers) |
| 1# bags/boxes pasta | Betty Crocker Cornbread & muffin mix |
| Pasta Sauce (low sodium) | Boxed Macaroni & Cheese (low sodium) |
| Cereal (low sugar, whole grains) | Instant Mashed Potatoes (plain) |
| Instant oatmeal | |

For Homeless Outreach:

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|------------------------------|------------------------|--------------|---------------------|
| small bottles of shampoo | toothpaste | toothbrushes | bandaids |
| package of wet wipes | soap | lip balm | body lotion |
| safety razors | bottled water | mints | socks (new, unused) |
| XXL T-shirt's (new, unused) | small boxes of tampons | | |
| small boxes of sanitary pads | | | |