

St. Vincent de Paul Wish List

Every month, we deliver food to 25 to 35 households in the neighborhood surrounding St. Ignatius. We provide food for 3 to 5 days for each household, from single individuals to households with multiple adults and children. We purchase and obtain food that can be a healthy alternative for our clients, many of whom have chronic conditions - such as diabetes. All our clients experience difficulties in keeping their refrigerators and pantries stocked with their limited income.

You can help the St. Vincent de Paul team by contributing these suggested items.

High Value Foods to Donate

- Canned tuna or salmon (low sodium preferred)
- Peanut butter
- Canned beans (low sodium)
- Canned vegetables (low sodium)
- Canned fruit (low sugar or no sugar added)
- Canned or boxed soups (low sodium)
- Pasta (whole grain)
- Rice (white or brown)
- Cereals (hot or cold)
- Cooking oil (32 ounces or smaller)
- Coffee (ground)

Non-Food Items often requested

- Toothbrushes
- Toothpaste
- Dish soap (liquid)
- Laundry soap
- Shampoo
- Conditioner

Thank you for your weekly contributions of food and funds that help us fulfill this mission of mercy.