

Ascension Food Shelf Weekly Needs

We need 300 of each item unless it has an * EVERY 2 WKS ## EVERY 4 WKS

STAPLE ITEMS

Cooking Oil. 48 Oz. ##
Tuna (can) 5 Oz.
Chicken Breast 12.5 Oz
Can Whole corn 15 Oz. St Francis
Cabrini donate 120 cans/week
Green Beans 15 Oz
Green Peas 15 Oz.
Refried Pinto Beans 15 Oz.
Other canned beans 15 oz
Chicken Soup 10.5 Oz.
Tomato Soup 10.5 Oz.
Fruit Cocktail 15 Oz.
Spaghetti Pasta 32 Oz.
Dry Pasta 16 oz.
Macaroni'n Cheese 5.5 Oz.
Pasta Sauce 24 Oz.
Dry Pinto Beans 16 Oz.
Dry Rice 16 Oz
Dry Cereal 12.2 Oz.
Quaker Oats 18 Oz. *
Maple Syrup 24 Oz. *
Pancake Mix 32 Oz. *
Strawberry Jam 18Oz. *
Peanut Butter 18 Oz.
Flour Tortillas 17.5 Oz.
Bread sliced

PRODUCE

Tomatoes
Lettuce
Potatoes
Onions
Jalapeno peppers
Limes
Oranges
Apples
Bananas

MEATS

Ham sliced
Turkey sliced
Chicken once a month
Ground beef once a month
Pork once a month

DAIRY

Milk
Eggs
Butter
Sour Cream
Cheese- Shredded
Cheese sliced
Queso Fresco

MEDICINE & HYGIENE

Tylenol ##
Ibuprofen##
Sanitizing Wipes##
Laundry soap ##
Dish soap ##
Shampoo##
Body wash##
Bar soap##
Toothpaste##
Toilet paper

WE HAVE ENOUGH FOR NOW

Children's Tylenol* only to homes
with children

Children's Ibuprofen* only to
homes with children

Diapers NB

Diapers sz.1

Diapers sz. 2

Diapers sz. 3

Diapers sz. 4

Diaper wipes