



Shopping List for the O.A.S.I.S. Food Pantry

Note: the best buys for the money are the generic brands

- **Peanut Butter** (Plastic container)
- **Jelly** (Plastic container)
- **Canned Fruit** (Peaches, Pears, Fruit Cocktail) *no pineapple*
- **Canned Soup** (any type however tomato, vegetarian vegetable and chicken noodle seem to be the favorites) *No cream of anything*
- **Pasta Sauce** (canned)
- ***Canned meat** (Chicken, Ham, Chili with meat, Ravioli, Pasta and Meat, Generic "Chefboyardee")
- *Canned Sloppy Joes or Manwich
- **Canned tuna**
- **Breakfast Cereal** (Both Children and Adult brands)
- **Instant Potatoes** (Box)
- **Pancake Mix**
- **Syrup** (Plastic container)
- **Rice** (white, 1 pound bag)
- ***Toothpaste** (Pepsident or AIM is usually ~\$1.00)
- ***Shampoo** (Suave ~\$1.00)
- ***Deodorant** (Sometimes 10 for \$10)
- ***Laundry detergent** (32 load containers)
- Hamburger, chicken, tuna helpers "in a box"
- Canned Chicken or Beef broth
- *Jello or pudding
- *Corn Muffin Mix (Jiffy Box)
- *Pasta side dishes
- Cake Mix and/or Canned Frosting (Give in birthday bags)

* *We typically do not receive many of these items from food drives.*

Outreach Assistance Serving Individuals in St. Charles County O.A.S.I.S.

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