

# SOCIETY OF ST. VINCENT DE PAUL TWIN CITIES

*Hope in action.®*

## Critical Dry Food Non-Perishable Items Needed:

### MEAT AND PROTEIN

- Baked beans
- Canned and Dry Beans (kidney, garbanzo, black, pinto)
- Canned Tuna, Chicken, Ham or Salmon
- Chili
- Lentils
- Peanut butter
- Soup

### GRAINS/NOODLES

- Cereal
- Flour/ Masa Cornmeal
- Pasta of all types
- Rice (brown and white)

### CANNED FRUITS AND VEGETABLES

- Applesauce
- Fruit in juice (not syrup)
- Spaghetti/pasta Sauce
- Tomatoes (diced, whole, paste)
- Vegetables (low or no sodium)

### MISCELLANEOUS

- Coffee and Tea
- Condiments (ketchup, mustard, mayo, salsa, fish sauce, salad dressing)
- Cooking oil/olive oil/ vinegar
- Salt & Pepper
- Spices

**These should be undamaged, labeled and still within the “best if used by” date.**

**If you have any questions, please contact Vinnie’s Hope Food Program Manager, Serina Drake at [serinadrake@svdpmpls.org](mailto:serinadrake@svdpmpls.org) or 612-803-3648.**

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**Personal Care Critical Items Needed:**

- Diapers
- Baby Formula
- Baby Powder
- Body Wash
- Cotton Swabs
- Deodorant
- Facial Cleanser
- Facial Tissue
- Feminine Hygiene Products
- Hair Care Products
- Hand Soap
- Laundry Detergent
- Lip Balm
- Lip Gloss
- Lotion
- Lotion and Moisturizers
- Nail Files
- Paper Towels
- Perfumes
- Razors and Shaving Cream
- Shampoo and Conditioner
- Toilet Paper
- Toothpaste and Toothbrushes
- Wet Wipes

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