

FOOD DRIVES

Homeless and low-income individuals and families depend on food pantries to supplement their monthly groceries. Food pantries, while grateful for all donations, often have clients on restrictive diets and would like to offer them better choices such as reduced salt or sugar-free items. There are also needs for Infant and Baby Foods.

Please call St. John's Mercy Neighborhood Ministry, 314-865-0927, if your department is interested in holding a "Food Drive" or if you have any questions.

GENERAL FOOD DRIVES

Peanut Butter
Canned Pasta, Stews, ready-to-eat meals
and all the items listed below in regular form

HEALTHY FOOD DRIVES

Fruits & Vegetables

Lite or no sugar added fruits canned in water rather than syrup
Low sodium or no salt added canned vegetables

Soups, Pastas & Sauces

Low sodium soups
Low sodium spaghetti sauces
Whole wheat or low fat pastas

Snacks

Air-popped popcorn
Graham Crackers
Granola bars
Soy crisps
Sugar-free Jell-O
Sugar-free pudding
Sugar-free snacks
Unsalted crackers
Unsalted nuts
Unsalted snacks
Vanilla Wafers

Drinks

Crystal Light drink mix
Diet soda

Baking/Cooking

Equal artificial sweetener (contains no sodium)
Mrs. Dash seasonings/flavoring

No-salt seasonings/spices
Sodium-free baking powder

Condiments (Low carb/low cal/sugar free):

Jellies/Jams

Ketchup

Lite mayonnaise

Low cal salad dressings

Maple syrup

Pickles

Relish

Taco sauce/salsa

INFANT/BABY FOOD DRIVES

Infant Formula

Jars of Baby Food

Baby Cereal

(Diapers, Newborn & Size 1, and sleepers are two other baby items that are always in great need.)