



**Circle of Concern**  
FOOD PANTRY

# FEED A FAMILY GROCERY LIST

In addition to fresh and frozen foods, the number of nonperishable items listed is an ideal amount that we strive to share with clients during their visit. This can sustain a household for approximately 10-14 days.

We ask that all liquid items be in plastic or aluminum containers (no glass) with a minimum of 15 ounces.

We welcome items that accommodate various dietary needs, including gluten-free, low-sodium, and sugar-free options.

\*Estimated cost reflects the most economical options available as of January 2025.

## THANK YOU FOR SUPPORTING LOCAL FAMILIES THIS SUMMER!

Please drop off items at our warehouse:  
112 St. Louis Ave, Valley Park, MO 63088

**DONATION ACCEPTANCE HOURS:**  
Monday, Tuesday & Friday: 9:00 am – 3:00 pm  
Wednesday: 9:00 am – 6:30 pm  
Thursday: 9:00 am – 12:00 noon  
Saturday: 9:00 am – 1:00 pm

DONATE INSTEAD AND  
LET US SHOP FOR YOU!



Food Items	Small Household (Family 1-4)	Large Household (Family 5+)	✓
Cereal	2	4	
Canned Soup	4	8	
Canned Vegetables	2	4	
Canned Corn	2	4	
Canned Green Beans	2	4	
Canned Beans	1	2	
Canned Fruit	1	2	
Canned Fish	2	4	
Canned Chicken or Chili	2	4	
Canned Pasta	2	4	
Pasta Sauce	1	2	
Dry Pasta	1	2	
Peanut Butter	1	2	
Condiments (salad dressing, ketchup, mayo)	2	3	
Macaroni and Cheese	1	2	
Dinner Helper	1	2	
Bread	1	1	
Snacks (8-12 servings)	1	2	
Sides (dry rice, box potatoes)	2	4	
Baking (flour, sugar, veg. oil)	1	2	
Period or Incontinence Products	1	1	
Diapers (Sizes 5/6) or Pull-Ups	1	1	
Baby Wipes or Flushable Wipes	1	1	
Laundry or Dish Soap	1	1	
<b>Estimated Cost*</b>	<b>\$95</b>	<b>\$153</b>	