



**Food Pantry Needs**  
We appreciate all donations,  
most helpful are bottles/cans/packages  
for families of 2-4,  
larger bottles/cans are difficult to  
distribute.

Peanut Butter/Jelly/Bottle 16 oz Water  
Regular Coffee 11 oz /Marinara Sauce  
Pasta/Mac & Cheese/Mayo/Ketchup/Oatmeal  
White and Brown Rice/Rice Side Dishes (small packs)  
Tuna in Pouches/Canned Fruit/ Cans of Soup  
Canned Carrots & String Beans/Mashed Potatoes/Stuffing/Gravy  
Cooking oil – Vegetable or Olive Oil- Spray  
Beans/Juice- Small Bottles/Boxes  
Kids snacks – Granola Bars, Chips, Cookies, Nut Packs, Crackers  
Cereal – Sweet and Healthy/Pancake Mix & Syrup  
Canned- Tuna/Chicken/Salmon  
Aluminum Foil/ Dish Soap/Hand Soap/Ziploc/Saran Wrap  
Laundry Detergent/All Purpose & Window Cleaner  
Kitchen Garbage Bags – 13 gallon/Toilet Bowl Cleaner  
Paper Towels/Toilet Paper/Napkins/Tissues/Sponges  
Toothpaste/ Men and Women’s deodorant  
Body Wash/Shampoo/Conditioner/Liquid Hand Soap/Bar soap  
Baby wipes/ Diapers Sizes 5 & 6 /Pull Ups size 5& 6  
Questions? Call Parish Social Ministry 631 754 9045

**We Thank  
you for your  
Continued  
Support!**

**Please do not leave any  
other items such as clothing or  
household things on the porch of  
the Parish Social Ministry office  
without arranging before hand  
with Maria Ryan  
mryan@olqmparish.org**