



St. Luke's Little Food Pantry

"Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me." Matthew 25:40

One of the ways that we share Christ's love is in feeding the poor and helping those who are in need. As we serve others, we are serving Christ. Thank you for your support of St. Luke's Little Free Pantry. Your donation contributes to a better quality of life for our neighbors.

What Should I Give?

Primarily, the purpose of our *LFP* is to meet a temporary and immediate food need. When considering what to donate to our food pantry, as a general rule of thumb, ask yourself:

Would I eat or use it?

Is it nourishing?

Will it spoil in the weather?

Be sure your donation is not expired, heavily-dented, or easily perishable, such as bread, fresh produce, or fruit that's not in a can.

Suggested Little Food Pantry Donation Items

- Canned vegetables, such as beans, corn, peas, or carrots
- Canned fruit, such as peaches, oranges, or pears
- Canned meats, such as tuna, chicken, or vienna sausages
- Canned meals, such as ready-to-eat soups or chili
- Canned pasta, such as ravioli, spaghetti o's, or mac 'n cheese

***If possible, pop-top cans are best.*

- Canned, jarred, or individually-packaged applesauce or peanut butter
- Dry, packaged box foods, such as stuffing, pasta, oatmeal, instant potatoes, or Ramen Noodles
- Individually wrapped packets of plastic silverware, with a knife, fork, spoon and napkin.
- Baby items, new and packaged, such as infant diapers, or baby food
- Feminine Care Products
- Personal care items, such as hand sanitizer, wet wipes, soap, toothbrushes and toothpaste.

***Small, unopened travel, sample, or personal size is best.*

What to Avoid

- Avoid medicines, or products specifically labeled "store in a cool dry location."
- Avoid items such as flour, sugar, or cans of evaporated, sweet condensed milk.
- Avoid perishable items including fresh produce, bread, or fruit that's not in a can.
- If it is a food item, it should be nutritional, not junk or snack food.

***Please keep in mind that our Little Food Pantry is out in the weather, where items can be affected by heat and dampness.*