

## In-Kind Donation Shopping List

# FOOD DRIVE ITEMS

All items on this list are given directly to our families in need. Please only give **new, unwrapped, unopened, and unexpired** items. **Thank you!**

### Canned items

- Canned fruit
- Canned Pastas (Spaghetti-O's, Ravioli, etc.)
- Canned Vegetables (especially tomatoes)
- Soups: chicken noodle and tomato (no vegetable)
- Canned chili
- Enfamil baby formula- Infant (yellow can), Gentlease (purple can), A.R. (salmon can)
- Spaghetti Sauce

### Snacks/Beverages

- Chewy bars/ granola bars
- Applesauce
- Baby Juice/ Pedialyte, Juice Drinks
- Nursery water (for mixing baby formula)
- Cheez-Its
- Cookies
- Cheese & cracker dipping packs
- Pretzels

### Boxed foods

- Box meals (Hamburger Helper, etc.)
- Baking Mixes
- Cereal
- Mac and cheese
- Potatoes (+ actual vegetables)
- Oatmeal
- Pancake mix
- Ready-to-eat rice

### Condiments

- Mayonnaise
- Ketchup
- Jelly or Jam (Strawberry & Grape)

### Low priority

- Peanut butter
- Canned beans/ baked beans
- Canned Proteins (tuna and chicken)
- Spaghetti

*For questions, call or email Lauren: [lcallaghan@newmoms.org](mailto:lcallaghan@newmoms.org) or 773.252.3253 ext 107.*

*Please drop-off donations between 9a-5p Monday-Friday at our Chicago location:  
5317 W Chicago Ave, Chicago IL 60651 • [www.newmoms.org](http://www.newmoms.org) • 773.252.3253*