



You Can Help.

Food Shelf Wish List

The Neighborhood House food shelves serve individuals from many parts of the world, so we keep them stocked with multicultural groceries. Below is our "Wish List" - items that the families we serve need most. Can you find them all at your local grocery store?

Universal Staples

- Coffee
- Cooking oil
- Crisco
- Flour
- Maseca (corn flour)
- Olive Oil
- Salt & Pepper
- Sugar
- Tea
- Tortillas & Taco Shells

Fruits

- Applesauce
- Canned juices
- Dates
- Dried fruit
- Jack fruit
- Mandarin Oranges
- Mangos
- Oranges
- Peaches
- Pears
- Pineapples
- Raisins

Grains

- Angel Hair pasta
- Basmati rice
- Bean thread
- Cereal (hot & cold)
- Jasmine rice
- Kokuho rice
- Long-grained rice
- Mac & Cheese
- Pancake Mix
- Rice sticks
- Spaghetti
- Sweet rice

Dairy

- Milk
- Yogurt

Vegetables

- Baby Corn (canned)
- Green beans
- Green chilies (canned or dry)
- Jalapeños
- Peas
- Straw Mushrooms
- Tomatoes (canned)

Protein

- Beans (dry) – black, back-eyed, mung, pinto, red, & soy
- Beef (canned)
- Beef Stew
- Cashews
- Chicken (canned)
- Chili
- Cow Peas (dry)
- Lentils – green, brown, or red
- Peanut Butter
- Peanuts
- Tuna (canned)

Spices/Sauces

- Cardamom
- Cinnamon
- Cloves
- Curry Powder
- Curry paste (red, yellow, or hot)
- Fish Sauce
- Ginger
- Garlic (minced or chopped)
- Green Salsa (tomatillo)
- Mole
- Oyster Sauce
- Red Pepper
- Salsa
- Soy Sauce
- Spaghetti sauce

NON-FOOD ITEMS:

- Bath soap
- Diapers
- Dish soap
- Laundry detergent
- Toilet paper
- Feminine hygiene items
- Shampoo & conditioner
- Pet Food