

St. Patrick's CARING AND SHARING SUNDAY (4th Sunday of Each Month)

Lemont Food Pantry: We need your help to help those within an arm's reach

For a household that is earning minimum wage, has suffered a job loss, has medical expenses due to a handicapped child, a severe health issue, is a single parent home with no support, or any number of reasons that causes them to live paycheck to paycheck, the relief that our two food pantries offer is critical to survival. Receiving a bag/couple bags of food and a voucher to Chipain's (for meat and dairy) enables this household to not have to choose between the cost of groceries, paying a bill or purchasing the items that are necessary, personal care items, gas for the car, medicine, kids needs, etc. Your generosity provides great financial relief to very financially strained homes.

PLEASE PRINT THIS LIST AND KEEP HANDY!

Suggested and highly sought foods that fly off the shelves if present: (updated 7/28/2011)

- Boxed Meals (Hamburger Helper, Pasta Meals, all in one box meals)
- Canned Spaghetti (spaghetti o's, ravioli, etc.)
- Canned Meats (Chicken, Vienna wieners, other meat that can be added to pasta or boxed meal)
- Fast Convenient Foods (shelf microwave dishes—pasta, rice, mac/cheese, ready to heat & eat items are like gold!)
- Name Brand Cereals (Kids see them on TV—it's a thrill for them to be able to have them!)
- Spaghetti (all varieties); Spaghetti Sauce
- Baby Products
- Pretzels/Crackers
- Juice/Juice Boxes
- Cake Mix/Brownie Mix/Frosting/Baking Needs
- Canned/Jars of Fruit
- Snack Cups (Jell-o, Pudding, apple sauce)
- Pop Tarts, Granola Bars, Breakfast Bars, Grab & Eat individual snacks
- Microwave Popcorn
- Tea Bags/Coffee
- Salad Dressing/Condiments
- Peanut Butter, Jelly, Marshmallow Fluff (PB & Fluff Sandwiches)
- Jars of cheese, salsa, spreads, Velveeta
- Laundry detergent, toilet paper, paper towels, paper plates, napkins, aluminum foil/wraps/bags, personal care items, cleaning items.



The following items, though not in extreme need, are always welcome: Canned Veggies; Tuna Fish; Pork & Beans; Canned Soups; Mac & Cheese Box Mix; Corn Flakes (blah cereals). IF the food isn't a fan favorite from your pantry, it most likely won't be from this one either.

Financial Contributions are greatly appreciated and used to purchase food and vouchers & emergency assistance. (Call the Parish Office with any questions or to volunteer 630-257-6134)