



THE GREAT  
**IGNATIUS**  
CHALLENGE

AD MAIOREM DEI GLORIAM

ITEMS  
MOST  
NEEDED

**1.4 million New York City residents** rely on emergency food programs, including soup kitchens and food pantries, each year.

**520,000 or 1 in 3 children** in NYC experience food insecurity, and **339,000 or 1 in 5** rely on soup kitchens and food pantries.

We are called to help the estimated **1.4 million people in NYC** struggling to feed themselves.

**70,000 New York City veterans**, or approximately three out of every ten (30 percent), rely on soup kitchens and food pantries.

**More than 37 million residents** nationwide are food insecure.

(718) 367-7500 | [fordhamprep.org/gic](http://fordhamprep.org/gic)



AD MAIOREM DEI GLORIAM

ITEMS  
MOST  
NEEDED

## ONLY NON-PERISHABLE FOODS

### MILK & CEREALS

#### *Parmalat Milk*

does not need to be refrigerated

#### *Powdered Milk*

does not need to be refrigerated

#### *Bran Cereal*

high in fiber

#### *Oat Cereal*

high in fiber

#### *Wheat Cereal*

high in fiber

### FRUIT

#### *Oranges*

packaged in juice or light syrup

#### *Peaches*

packaged in juice or light syrup

#### *Pineapple*

packaged in juice or light syrup

### BEANS

#### *Kidney*

canned or dry

#### *Goya*

canned or dry

### VEGETABLES

#### *Carrots*

must be canned

#### *Spinach Greens*

must be canned

#### *Corn*

must be canned

G R E A T I G N A T I A N C H A L L E N G E

(718) 367-7500 | fordhamprep.org/gic





AD MAIOREM DEI GLORIAM

ITEMS  
MOST  
NEEDED

## MEATS

### *Tuna*

canned & packed in water

### *Salmon*

canned & packed in water

### *Chicken*

canned & packed in water

### *Mini Sausages*

salchichas

## KIDS

### *Juice Boxes*

### *Crackers & Cheese*

### *Ritz w/ Cheese Snacks*

### *Mixed Fruit Snacks*

### *Apple Sauce*

## OTHERS

### *Oatmeal*

other item

### *Nut Butters*

other item

### *Peanut Butter & Jelly*

other item

### *Rice*

preferably brown in 2lbs. bag

### *Instant Corn Masa Flour*

other item

### *Corn Tortillas*

other item

### *Corn Oil*

other item

## PASTAS

### *Spaghetti & Tomato Sauce*

canned & packed in water

### *Whole Wheat Pasta*

canned & packed in water

### *Macaroni & Cheese*

canned & packed in water

G R E A T I G N A T I A N C H A L L E N G E

(718) 367-7500 | fordhamprep.org/gic

