



NourishU Pantry Donation Items

*Thank you for your interest in serving our Cristo Rey community. Please see below for a list of commonly requested items. If you have any questions, please do not hesitate to contact **Nurse Porter** rporter@cristoreyorlando.org or **Deacon Pete** ppronko@cristoreyorlando.org*

Cereals/Breakfast

- Cereal (both single-serving and standard size)
- Pancake/waffle mix
- Oatmeal (both single-serving and standard size)
- Syrup for pancakes/waffles

Pasta

- Spaghetti
- Penne
- Elbow Macaroni
- Rotini

Vegetables

- Yellow corn
- Lentils
- Pinto beans
- Chickpeas
- Diced tomatoes
- Gandules

Soups/Entrees

- Chicken noodle soup
- Beef ravioli
- Ramen
- Lunchables

Dairy

- Mozzarella or Cheddar cheese sticks
- White milk (shelf-stable preferred)
- Strawberry milk (shelf-stable preferred)
- Chocolate pudding
- Chocolate milk (shelf-stable preferred)
- Yogurt (all types, especially Greek)

Fruits

- Diced peach fruit cups
- Diced pears fruit cups
- Applesauce (single serving)
- Mandarin oranges fruit cups
- Pineapple chunks

Protein



- Turkey (1 lb preferred)
- Beef (1 lb preferred)
- Chicken (1 lb preferred)

- Canned chicken
- Canned tuna
- Canned Vienna Sausages

Rice

- White rice
- Yellow rice
- Brown rice

Snacks

- Oreos (single serving)
- Animal crackers
- Rice Krispies
- Chips/Takis (single serving)
- Granola bars (assorted flavors)
- Snack crackers (Cheez-It's, Lance's)

Drinks

- Sparkling Ice: Flavorful Sparkling Water
- Capri-Sun

Spices/Condiments/Sauces

- Pasta sauce
- Strawberry jelly
- Peanut butter
- Grape jelly
- Taco Seasoning packets

Personal Care and Hygiene

- Shampoo/Conditioner
- Bar soap
- Tampons
- Menstrual pads
- Men's and women's deodorant
- Toothpaste/Toothbrushes
- Dental floss

Household Items

- Laundry detergent (smaller size; 10 fluid oz bottles)
- Toilet paper (4-packs or individually wrapped singles)

