



Soup-n-Share Outreach Program

Contact Sherrie @ 618-709-7500

Urgent: Homeless Grocery List

- Cheese or peanut butter crackers
- Beef jerky
- Applesauce
- Pudding
- Fruit cups
- Carnation Breakfast Bars
- Granola bars
- Power bars
- Cereal bars
- Single serving Chef-Boy-R-Dee items
- Ravioli/spaghetti- Single serving soups (with pull tab openings)
- Ramen noodles
- Tomato juice
- Packaged nuts
- Trail mix
- Fruit snacks
- Dried fruits
- Peanut butter
- Canned vegetables and fruit (with pull top openings)
- Macaroni and cheese (single serve)
- Individually packaged chips/pretzels/Goldfish
- Boxed drinks and juices
- Vienna sausages (with pull top lids)
- Pop tarts
- Individual packets of oatmeal
- Plastic spoons
- Gallon-size Ziploc bags
- Canned Tuna
- Cans of pork & beans



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