# DONATION WISHLIST

## Fruits & Vegetables
- Fresh Produce
- Canned Vegetables - No Added Sugar/Salt
- Canned Fruit - 100% Juice/Water
- Dried Fruit – No Added Sugar
- Infant Strained Fruits & Vegetables - No Added Sugar/Salt

## Grains
- Whole Grain Cereal - Oatmeal, Cheerios, Wheat Chex, Corn Flakes, Etc.
- Whole Grain Bread
- Whole Grain Dried Pasta
- Brown Rice - 1 - 2 Lb. Bag
- Infant Cereal

## Meat/Protein
- Canned Fish in Water - Salmon, Tuna, Sardines
- Peanut Butter – No Added Sugar/Salt
- Dried or Canned Beans - No Or Low Sodium
- Infant Strained Meat - No Added Sugar/Salt

## Dairy
- Dry Milk
- 1 Qt. Skim, Or 1% Milk - Shelf Stable
- Evaporated Skim Milk
- Almond/Soy/Rice Milk - Unsweetened

## Other Foods
- Olive or Canola Oil
- Dried Spices
- Hot Sauce
- Tomato Sauce – Low Sodium
- Mustard
- Stocks/Broth – Low/No Sodium
- Vinegar
- Tea/Coffee

---

To make a donation, drop off to
Drueding Center M-F 9am-4pm
413 W. Master St., Philadelphia, PA 19122
Contributions can also be made via United Way #1259
[www.druedingcenter.org](http://www.druedingcenter.org)

---

CONTACT:
Sr. Kim Kessler, CSR
Life Skills & Wellness Coordinator
(215) 787-3275
kkessler@holyredeemer.com