



**Catholic Charities
of the Diocese of Stockton**
Help for Today...Hope for Tomorrow

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Food Wish List

1. Brown rice or barley
2. Low-sugar, high fiber cereal
3. Oatmeal
4. Quinoa
5. Canned beans
6. Canned soups
7. Canned fruits/vegetables
8. Spices & Condiments
 - a. Black pepper
 - b. Basil
 - c. Cinnamon
 - d. Curry powder
 - e. Garlic powder
 - f. Onion powder
 - g. Parsley
 - h. Rosemary
 - i. Thyme
 - j. Vanilla extract
 - k. Etc.
9. Whole grain pasta
10. Tomato sauce
11. Diced tomatoes
12. Frozen/Fresh Fruit or vegetables
13. Fruit juice 100%
14. Spaghetti sauce
15. Vegetable juice
16. Fresh Fruits & Vegetables



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Mother Lode Office

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