

Hunger Action Month

MOST NEEDED ITEMS

Help stock our shelves and donate non-perishable food items during September's Hunger Action Month (H.A.M.). Below is a list of our most needed items for our Food Pantry and Home Delivery programs.

- Bagged White Rice
- Canned Chicken
- Canned Chicken Soup
- Cheerios' Cereal (generic brand also)
- Canned Mixed Vegetables (low sodium)
- Canned Peaches (in natural juice)
- Canned Pineapples (in natural juice)
- Gluten-Free Pasta
- Jelly (no glass)
- Peanut Butter (small and medium size)
- Refried and Dry Beans (pinto and black)
- Tomato Paste
- Vegetable Oil (12-16 oz)

Support our partners! Consider purchasing your donations from any of our rescue partners below:



- Trader Joe's (483 N. Harlem, OP)
- Sugar Beet Food Co-op (812 Madison, OP)
- Jewel Osco (Any in Oak Park or River Forest)
- Aldi (Any local)
- Mario's Butcher (5817 W Madison St, Chicago)