

Established 1867



Emmanuel Food Center Staples

Canned fruit (any variety)	Peanut butter (plastic container)
Individual size fruit packs	Jelly (plastic container)
Canned corn	Spaghetti or pasta of any type
Canned green beans	Boxed macaroni and cheese
Canned carrots	Rice (bag or box)
Saltine Crackers (big box)	Spaghetti sauce (plastic if possible)
Canned tuna	Canned ravioli or spaghetti o's
Canned chicken	Box of protein bars or granola bars
Canned beans or peas (any kind)	Ramen noodles
Rice/potato/pasta packets	Cereal (any kind)

We appreciate containers that won't break!

And we appreciate some items that don't need can openers!

Emmanuel Food Center is open Monday-Friday 9 am to 2 pm. Walk-ins are welcome. If you wish to get food and are able, please call 314-961-2393 the day ahead and we'll have the order ready the next day. If circumstances don't allow pick-up during open time, please let us know what time works.