

**We are so grateful** for your interest in supporting refugees and new immigrants through Jewish Family & Children's Service.

We depend on the community to help us welcome refugees coming from Syria, Iraq, Congo, Columbia, Nepal and Burma each and every week.

JF&CS requests that you chose one list to shop from. If you can complete the entire list, we can be assured that we don't get tons of lentils and no tuna! After shopping the list, you may schedule a time to drop off your donation at by calling 412-422-7200 and speaking with Andrew.

<p><b>Staples</b></p> <ul style="list-style-type: none"><li>~ Vegetable Oil</li><li>~ Olive Oil</li><li>~ Flour</li><li>~ Yellow Corn Meal</li><li>~ White Corn Meal</li><li>~ Sugar</li><li>~ Rice (Not Quick Rice)</li><li>~ Chick Peas, canned</li><li>~ Dried Beans (all types)</li><li>~ Honey</li><li>~ Canned Tomatoes</li><li>~ Canned Tuna</li></ul> <p><b>Beverages</b></p> <ul style="list-style-type: none"><li>~ Coffee, Instant</li><li>~ Coffee, Ground</li><li>~ Loose Tea</li><li>~ Condensed and/or Powdered Milk</li><li>~ Juice, non-refrigerated</li><li>~ Hot Chocolate</li></ul>	<p><b>Spices</b></p> <ul style="list-style-type: none"><li>~ Cardamom</li><li>~ Cumin</li><li>~ Nutmeg</li><li>~ Cilantro</li><li>~ Aniseed</li><li>~ Chili Powder</li><li>~ Oregano</li><li>~ Cinnamon</li><li>~ Turmeric</li><li>~ Vanilla</li><li>~ Red Pepper Flakes</li><li>~ Salt</li><li>~ Pepper</li></ul> <p><b>Condiments</b></p> <ul style="list-style-type: none"><li>~ Jam/Jelly</li><li>~ Vinegar</li><li>~ Fish Sauce</li><li>~ Tamarind Paste</li><li>~ Ketchup</li><li>~ Soy Sauce</li><li>~ Hot Sauce/Siracha</li></ul> <p><b>Treats</b></p> <ul style="list-style-type: none"><li>~ Cookies</li><li>~ Peanut Butter</li><li>~ Dried Fruit and Nuts</li><li>~ Crackers</li><li>~ Cereal</li></ul>
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