



City Harvest Market

The LifeWise STL **City Harvest Market** is open to the community, providing low-cost access to fresh and healthy foods that would otherwise be too expensive for purchase. There are many community options for free canned goods, but this model is unique in its provision of inexpensive fresh and frozen alternatives. Not a traditional food pantry, our market provides a dignified, quality shopping experience. The market is another example of how we provide a hand up, not a hand out.

We will continue to supply carefully selected canned and dry goods at our market, with the understanding that these items will be used to build a meal using additional fresh or frozen ingredients. The market is heavily subsidized. Groceries are sold at prices lower than at typical discount grocery stores. We accept cash and SNAP. **Donated items help offset the cost of purchasing more expensive fresh foods.**

We have a partnership with neighborhood low-income senior housing centers with the goal of providing low-cost fresh and healthy options *and* no-cost nonperishables. Unlike our traditional participants, seniors don't have access to other shopping alternatives.

Suggested Donations

Dry Goods

almond butter
 canned tomatoes
 canned tuna
 cashew butter
 cereal
 dried beans – black
 dried beans – pinto
 dried beans – red
 dried lentils
 flour
 grits
 oatmeal
 olive oil
 pasta – whole wheat

pasta – regular
 peanut butter
 rice – brown
 rice – white
 spices
 sugar

Frozen

chicken breasts
 fish filets
 ground beef
 ground chicken
 ground turkey

Fruits & Vegetables

fresh
 frozen

Perishables

almond milk
 butter
 cheese
 coconut milk
 eggs
 soy milk
 yogurt

grocery store gift cards