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

**Fruits & Vegetables**
- fresh
- frozen

**Perishables**
- almond milk
- butter
- cheese
- coconut milk
- eggs
- soy milk
- yogurt

**Frozen**
- chicken breasts
- fish filets
- ground beef
- ground chicken
- ground turkey

**grocery store gift cards**

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