



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