



City Harvest Market

Our City Harvest Market ensures affordable access to fresh and healthy foods that might typically be out of reach for many. While numerous community sources offer free canned items, our model stands out by supplying fresh and frozen options. Not a traditional food pantry, our market provides a dignified, quality shopping experience.

We 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. Our groceries are priced even lower than most discount stores. We welcome both cash and SNAP payments. *Donated items directly contribute to offsetting the costs of our fresh foods.*

In collaboration with nearby low-income senior housing centers, we strive to offer affordable, nutritious food choices, supplemented by complimentary non-perishable items. This initiative specifically addresses the unique needs of seniors, who often lack the alternative shopping options available to our broader participant base. Through this partnership, we aim to ensure that all members of our community, regardless of age or income, have access to the wholesome, healthy food they deserve.

Wish List

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

Contact Us

To ensure that your donation is directed to your desired program, please reach out to Natalie Gemberling Webb, Director of Economic Wellness Program, at 314-260-6371 or ngemberling@lifewisestl.org prior to donating. Thank you!