

The Food Pantry at Our Lady of Sorrows

217 Prospect Street • South Orange, NJ 07079

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Prior to the COVID-19 pandemic, the OLS Food Pantry served 130-150 families twice per month. At each of our most recent Food Pantry distributions, we have provided food for 400-450 patrons. On these days, a family in need is provided with a full bag of non-perishable grocery items (listed below) as well as fresh milk and produce, whenever possible. This is intended to supplement their food supply and alleviate food insecurity. To keep our pantry shelves stocked, we rely on monetary and food donations, and a team of dedicated volunteers. Monetary donations are used to purchase food directly from local stores, the Community Food Bank of New Jersey and other resources.

Most Needed Items

(Please no glass, expired food, XL sizes, or home-portioned food)

- Shelf-stable Milk (1 quart)
- Peanut Butter & Jelly (regular sizes)
- Hot & Cold Cereals (no or low sugar)
- Pasta & Sauce
- Canned Tuna & Chicken
- Rice (1 lb. bags, brown, yellow, white)
- Beans (canned or dried)
- Dried/Canned Fruit (in juice, not syrup)
- Canned Vegetables (no or low salt; no corn please)
- Mac & Cheese
- Granola Bars, Crackers, and Cookies

Daily Drop Off Hours for Food Donations

Our Lady of Sorrows Church • 217 Prospect Street

Please leave donations in the front vestibule of the Church.

Monday - Friday: 7am-3pm / Saturday: 8:30am-3pm / Sunday: 8:30am-12:30pm

Please leave donations on the front porch of the Rectory.

Daily: 3pm-5pm

Monetary Donations

Checks payable to OLS Food Pantry mailed to the address above, or online at www.olschurch.com/parish-giving

2021 Food Pantry Distribution Dates

Food will be distributed curbside on 4th Street, until further notice, on the 2nd and 4th Saturdays of the month, 8:00-10:00 am, as follows:

January 9 and 23

February 13 and 27

March 13 and 27

April 10 and 24

May 8 and 22

June 12 and 26



Our Lady of Sorrows is a MEND Food Pantry
MEETING ESSENTIAL NEEDS WITH DIGNITY

Updated 12.20.20