

Needed Food Items

Canned Vegetables and Fruit
Peanut Butter (plastic containers best)
Jelly or Jam (plastic containers best)
Canned Meats (tuna, chicken)
Canned Soup
Spaghetti Sauce (like: Hunts 26 oz can)

Macaroni and Cheese
Cereal and Oatmeal
Canned Beans
Pasta and Rice
Coffee or Tea

Needed Hygiene Items

Shampoo & Conditioner
Deodorant
Feminine Products (pads)
Diapers – all sizes
Tooth paste
Razors & Shaving Cream

Bar soap
Toilet paper
Combs
Baby wipes
Tooth brush

Needed Food 4 Kids Items

Macaroni and Cheese (boxed)
Instant Oatmeal (single serve)
Ramen Dry Noodle Soup packets
Snack Bars (cereal bars, granola bars, etc.)
Crackers (filled with peanut butter or cheese)
Canned Pasta, (Spaghettios, Ravioli, Beefaroni, etc.)
Canned Meat (tuna, Vienna sausages, chicken, etc.)
Snacks (pretzels, cookies, raisins – all single servings)
Peanut Butter & Jelly (separate, plastic containers)

Fruit Cups (lunch box size)
Pop Tarts
Pudding Cups (lunch box size)

Note: please no candy