



Here are lists of food and essential items that we can use all the time!

## NON-PERISHABLE FOOD ITEMS:

Shelf stable milk (i.e. soy milk, almond milk, dairy milk in aseptic boxes NOT in the refrigerated section)  
 Whole grain crackers  
 Whole grain cereal (Ex: Cheerios, Shredded Wheat, Kix, Chex style cereals)  
 Macaroni & Cheese (3 boxes)  
 Canned tuna (2 cans)  
 Peanut butter & jelly  
 Whole grain pasta & jar of sauce  
 Rice (brown or white, 1 bag)  
 Canned low sodium vegetables (3 cans) (recommend corn, beans, tomato for easy and complete meal)  
 Unsweetened applesauce (3 containers)  
 Soup low sodium (3 cans)

**WE JUST NEED THE  
ITEMS INSIDE THIS  
RED RECTANGLE TO  
FILL A FOOD BOX**

## ESSENTIAL ITEMS

Deodorant x5  
 Toilet paper (at least 6 rolls)  
 Paper Towels (at least 2 rolls)  
 Toothbrush x5  
 Toothpaste x2  
 Bar soap x2  
 Shampoo x2  
 Conditioner x2  
 Feminine Products (1 box)

## PANTRY STAPLES:

Can opener  
 Microwave Safe Bowl  
 Salt and Pepper  
 Dishwashing Detergent  
 Laundry Detergent

## BABY SUPPLIES:

Diapers  
 Baby Wipes  
 Powder  
 Baby Shampoo  
 Baby Wash  
 Bottles  
 Baby Food (Non-Perishable)  
 Baby Formula

**Got a question?** Email the Team; [openaboxofhope@gmail.com](mailto:openaboxofhope@gmail.com)