

# MOST NEEDED ITEMS



**WHOLE GRAINS**  
(quinoa, barley, dry popcorn,  
cereal)

**UNSALTED NUTS & NUT  
BUTTERS**  
(all varieties)

**CANNED MEATS**  
(pork, beef, chicken, tuna,  
salmon)

**COOKING & BAKING ITEMS**  
(all varieties of flour, spices &  
seasonings, salad dressings,  
marinades, condiments)

**MEAL/SIDE-DISH ITEMS**  
(boxed/pouch potatoes, rice &  
pasta, canned soup)

**PERSONAL CARE ITEMS**  
(full-size shampoo, conditioner,  
body wash, bar soap, toothpaste,  
tampons, maxi pads, toilet  
paper)

**HOUSEHOLD CARE ITEMS**  
(laundry soap, dish soap, hand  
soap, Kleenex, papertowels,  
toilet paper)

Fresh, frozen, and refrigerated  
items gladly accepted.

Items **NOT** accepted:  
Home-processed foods & farm-  
fresh eggs