



Lending a Helping Hand Since 1982

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KIRK CARE SHOPPING LIST

NON-PERISHABLE UNEXPIRED FOODS

PREFERRED ITEMS:

- MEATS (Chicken, Spam)
- FISH (Tuna, Salmon)
- STEW
- HEARTY SOUPS
- CHILI
- BEANS (Protein Canned or Dried)
- TOMATO PRODUCTS
- FRUITS (Canned or Dried)
- PASTA
- PASTA SAUCES
- CANNED PASTA
- PEANUT BUTTER
- JELLY/JAM
- GROUND COFFEE
- RICE
- BREAKFAST ITEMS
- LOW SUGAR CEREAL
- OATMEAL
- COMPLETE MEALS & MEAL KITS
- DINNER MIXES (Hamburger Helper, Tuna Helper...)
- MACARONI & CHEESE
- DESSERT MIXES
- BAKING STAPLES
- PROTEIN/POWER BARS

OTHER ITEMS:

- PAPER PRODUCTS (Napkins, Kleenex, Toilet Paper, Paper Towels)
- DIAPERS/PULL-UPS (All Sizes Including Adult Diapers)
- FEMININE HYGENE PRODUCTS
- BAR SOAP, SHAMPOO, CONDITIONER, LOTION
- CLEANING SUPPLIES