



MOST NEEDED ITEMS

Please ensure packages are sealed and food has not expired.

- ✓ **Stew, soups, pasta sauce**
- ✓ **Tinned fish such as tuna or salmon**
- ✓ **Tinned proteins such as flaked chicken**
- ✓ **Beans (canned)**
- ✓ **Canned vegetables such as peas, carrots,**
- ✓ **Nuts & seeds (bags of almonds, walnuts, sunflower seeds, etc.)**
and dried fruit or trail mix
- ✓ **Peanut butter, low sugar jams**
- ✓ **Protein powder, bars or shakes (Ensure or Boost)**
- ✓ **Bagged rice or pasta (we can take big bags and make smaller portions)**
- ✓ **Boxed or uncooked cereal such as oatmeal or granola**
- ✓ **Pancake mix & syrup**
- ✓ **Fruit packed in juice (cans or cups)**
- ✓ **Juice (100% fruit & or veggie juice)**
- ✓ **Canned or powdered milk**
- ✓ **Crackers**
- ✓ **Instant Coffee & Tea**
- ✓ **Adult Diapers**
- ✓ **Personal hygiene products such as shaving gear, toothbrushes, combs, brushes**
- ✓ **Household cleaning supplies**
- ✓ **Toilet paper, tissue & paper towels**
- ✓ **Gluten Free Products**
- ✓ **Spices (any kind)**