



**Canned/Jarred Foods**

**Soups: Mushroom, Chicken Noodle, Veggie, Tomato, Chunky Soups,**

**Easy Open Pull-Top Cans: Meats, Ravioli, Fruits, Veggies,**

**Gravy, Cranberries, Pasta Sauce, VH Sauce (Teriyaki, Pad Tai, etc.), Salsa**

**Peanut Butter, Jams, Pickled Foods, Condiments (Ketchup, Mustered, etc.), Sauces, Nutella, Honey, Coffee (Ground or Instant), Beans, Chickpeas, Mushrooms, Peas, Carrots, Beets, Corn, Condensed Milk, Powdered Milk,**

**Microwavable: Pop Tarts, Popcorn, Soups, Rice packets, Microwavable meals,**

**Non-Perishable Foods**

**Frozen Veggies and meats  
Bulk or Individual Oatmeal  
Boost and Ensure (Meal Replacements)  
Pancake Mix & Waffle Mix & Syrup  
Gluten free foods  
Cereal, Crackers, Granola Bars, Fruit Snacks, Gushers  
Hamburger Helper, Cake Mix, Instant Potatoes,  
Lipton soup, Pasta, Taco Kits, Kraft Dinner, Tuna Helper  
Goldfish, Cooking Oil, Juice boxes, Tea, Pudding,  
Side Kicks, Noodle in a cup, Mr. Noodle, Apple sauce  
Baking Ingredients, Pickles, Fruit Cups, Rice, Sugar  
Flour, Bottled Water, Coffee,  
Eggs**

Fresh Fruits and Vegetable's – Must be clean of dirt, and are greatly appreciated!

**Hygiene Items**

**Personal Wipes, Shampoo, Conditioner, Body Wash, Soap, Men's Hygiene Items, Toothbrushes, Tooth Paste, Deodorant, Diaper Sizes 4 – 7, Baby Wipes, Pull up's - all sizes, Depends - all sizes (Men and Women), Detergent Pods, Dishwasher Pods, Dish Soap, Pads & Tampons, Shaving Cream, Towels, Kleenex, - All hygiene products for men and women**

**WINTER NEEDS & other**

**Season Appropriate Clothing including, WARM Winter Coats, Ski Pants, Gloves/Mittens, Balaclavas, Thermal Underwear, Winter Boots, Sock's, Hand & Toe Warmers, Sleeping Bags, Tents, Scarves and Hats.**

**Pet Food (Cat & Dog), backpacks, Kitchen Towles, Sunglasses, Cleaning Products**

Notes: The list above is not exhaustive – Please feel free to donate any non-perishable food items. Healthy foods are encouraged! All food and hygiene products must be unopened and within their expiration dates.

Please note most needed items are in **bold**.