

WHAT WE NEED:

CANNED TUNA, SALMON OR OTHER PROTEIN;

CANNED VEGETABLES

DRIED HERBS AND SPICES

WHOLE GRAINS

COOKING OILS

CANNED/CUPS OF FRUIT (IN WATER OR JUICE. NOT SYRUP)

CANNED SOUPS & CHILI

CANNED TOMATOES

FLOUR, SUGAR & BAKING SUPPLIES;

BISQUICK OR SHELF-STABLE BISCUIT MIX

PEANUT BUTTER OR ALMOND BUTTER

OATS

BOXED MEALS (MAC & CHEESE ETC)

HOT OR COLD CEREAL

100% JUICE (INCLUDING JUICE BOXES)

NUTRITIOUS SNACKS

PAPER TOWELS & TOILET PAPER

DISH SOAP & SPONGES

DIAPERS

TOILETRIES OF ANY KIND,

INCLUDING FEMININE PRODUCTS

