



## **Most Needed Items**

*\*Please ensure packages are sealed and food has not expired.*

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