



Most-Needed Items

- Soups and chili (including low-sodium and ready-to-eat options)
- Pasta and rice
- Canned tuna, chicken, and salmon
- Shelf-stable regular and alternative milks
- Canned vegetables, fruit, and beans
- Dried fruit and nuts
- Individual oatmeal packets
- Single-serving and full box cereals
- Side dishes (mac & cheese, ramen, Rice-A-Roni)
- Juices and water
- Sauces, condiments, and spices
- Peanut butter and jelly
- Dried beans
- Coffee and tea
- Razors
- Laundry pods
- Bar soap
- Lotion
- Combs
- Tampons and pads
- Cough drops
- Toilet paper
- Deodorant
- Dish soap
- Body wash
- Tissues
- Vitamins
- Shampoo and conditioner
- Incontinence pads and underwear
- Cold/flu medication
- Pain medication (Ibuprofen, Aspirin, etc.)
- Diapers and baby wipes