

TOP NEEDS FOR OUR SISTER CONGREGATIONS ICCM & NEW GENERATION

- **Potatoes**
- **Rice**
- **Brown Beans**
- **Legumes and vegetables**
(ex. tomatoes, onions, cilantro, zucchini, carrots, cabbage, lentils, garbonzos, quinoa)
- **Fresh fruit** (oranges, strawberries, bananas, apples)
- **Eggs**
- **Chicken or other types of meat**
- **Milk**
- **Cheese** (Fresco, Oaxaca or Asadero -Shredded cheese)
- **Cooking oil**
- **Sugar**
- **Salt**
- **Canned tuna**
- **Cereal**
- **Drinkable yogurts**
- **Nescafe**
- **Diapers & Baby Wipes**
- **Feminine Hygiene Products**
- **Toilet Paper**