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# **Most Needed Items**



### **General Grocery**

Canned Protein (tuna, salmon, chicken)

Canned/ Dried fruit

**Canned Vegetables** 

Soup

Spaghetti sauce

Whole Wheat Pastas

Instant and Whole Oatmeal

Whole Grain Cereals

Rice, Couscous & Grains

**Peanut Butter** 

**Canned Tomatoes** 

#### **Personal Care Items**

Toilet paper Kleenex

Toothpaste Deodorant

Shampoo Body Wash

Household cleaners Paper Towels





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