

# Children First/CIS Food Pantry List:

- Cereal
- Dry beans
- Rice
- Peanut Butter
- Jelly
- Soup
- Tuna Fish
- Canned Chicken
- Pasta
- Macaroni Cheese
- Mayonnaise/Ketchup
- Tomato Sauce/Pasta Sauce
- Cooking Oil
- Canned Vegetables/Fruits
- Sugar/ Self-Rising Flour
- Corn Meal
- Bread
- Eggs
- Evaporated or Powdered Milk
- Individually wrapped snack items
- Granola Bars
- Turkey / Ham

*(Only During Holiday Seasons)*



## Personal Care Items

- Shampoo/ Conditioner
- Laundry Soap
- Dish Detergent  
*(not for dishwashers)*
- Deodorant *(women and men)*
- Feminine Hygiene products
- Toilet paper
- Diapers all sizes  
***(Pull Ups & Size 4 are most popular request)***

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## DID YOU KNOW?

**One in 4 children live in poverty in Buncombe County**, and over half of our students are on the free and reduced lunch program because their families' income qualifies them for assistance.

On average, **Children First/CIS provides over 700 food boxes to 200+ households annually** and prevents short-term catastrophic financial events through our services.

Children First/CIS is a local nonprofit surrounds children & families with supports to help them succeed at school & home. We also advocate for policies that support families with local & state leaders.