



## **Needs List**

### **Food Items**

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

### **Personal Care Items**

*People on fixed and limited incomes cannot use their SNAP benefits to purchase essential personal care items. By providing these necessities, we can help families use their funds to pay for food, housing, and healthcare.*

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