
DONATION NEEDS

Food Items:

- Cottage Cheese
- Greek Yogurt or low-fat Yogurt
- Dried Legumes: Lentils, beans
- Canned meats: Salmon, tuna, chicken
- Canned vegetables (reduced or no salt added is preferred): Mixed vegetables, green beans, corn, peas, carrots, beans, etc
- Spaghetti sauce
- Milk: Unsweetened almond, shelf stable low-fat milk, low-fat milk
- Peanut butter: Creamy or crunchy
- Grains: Microwavable brown rice (Uncle Ben's), Quinoa, etc
- Whole grain pasta
- Oatmeal (container and instant reduced sugar packets
- Cereal: Cheerios, Life, Special K, shredded wheat, bran, or other whole grain cereals
- Granola bars
- Produce
- Canned fruit packed in juice
- Canned soups (low sodium preferred)
- Canned pastas

- Macaroni and cheese (boxed and microwavable
- Dried herb/spices
- Healthy cooking oils: Olive oil, avocado oil

Non-Food Items:

- Disinfecting wipes
- Hand sanitizer
- Band aids
- Triple antibiotic ointment
- Mouth rise
- Deodorant
- Hand soap
- Facial Cleanser
- Body lotion
- Body wash
- Shampoo and conditioner
- Feminine hygiene products
- Laundry detergent pods
- Dryer sheets
- Dish Soap
- All-purpose cleaner
- School supplies

