



MOST NEEDED ITEMS

Low sodium, low sugar, and whole grain items are preferred. Pop-top cans are helpful. All items must be in original packaging, unopened, and not expired.

- Peanut Butter & Jelly
- Canned Meals or Soups
- Cereal or Oatmeal
- Granola Bars
- Canned Fruit or Vegetables
- Canned Protein
 - Tuna, Chicken, Beans
- Pasta or Rice
- Macaroni & Cheese
- 100% Juice
- Shampoo or Conditioner
- Soap or Body Wash
- Deodorant
- Toothbrushes or Toothpaste
- Bathroom Tissue
- Paper Towels
- Menstrual Products
- Diapers or Wipes

CULTURALLY RESPONSIVE FOODS

- Beans and Legumes
 - Kidney or Black Beans, Black Eyes Peas, Chickpeas, Lentils
- Spices
 - Adobo, Miso, Cayenne, Cumin, Curry, Sazon
- Grains and Flour
 - Barley, Millet, Sorghum, Masa, Rice Flour
- Dried Fruit
 - Apricots, Dates, Raisins, Figs