

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
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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