



“Extending a Hand Up, Not a Hand-Out”

“Helping Families in Need for 30 Years”

MOST NEEDED ITEMS

Canned Fruit and Fruit Cups

Peanut Butter & Spreads

Cookies, Crackers, Granola Bars

Coffee (1lb pack ground)

Flour, Sugar, Salt, Pepper (All 1-2lb packs maximum)

Oil, Vinegar (500ml)

Breakfast Cereals

Soup Broth / Bouillon

Rice (1lb bags)

Toothbrushes (individually packed)

Toothpaste (regular size)

Soap, Shampoo, Conditioner

Toilet Paper

Feminine Hygiene Products

Disposable Razors

Dish Soap

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