

## **WISH LIST**

**QUICK MEALS** 

Microwavable cups of soup, ravioli, pasta, mac & cheese, oatmeal

Ready-to-eat tuna/chicken salad

**DRINKS** 

**Bottled** water

Shelf stable milk/soymilk boxes

Gatorade

Juice boxes

**SINGLE-SERVE SNACK ITEMS** 

Fruit cups, snacks, squeeze

pouches

Trail mix

Jerky

Cheese/peanut butter cracker

sandwiches

Chips, pretzels, Goldfish crackers

Granola bars

Breakfast bars

Mini cereal boxes

**Pop Tarts** 

**GROCERY ITEMS** 

Mac & cheese

Cereal

Instant pancake mix & syrup

Nut butter & jelly

Dried pasta

Pasta sauce

Dried or instant rice

Sides (Knorr, Hamburger Helper, instant mashed potatoes,

Pasta/Rice-a-Roni)

Coffee/tea

Shelf stable milk (almond, soy,

Parmalat)

Canned tuna, chicken, salmon

Plain canned vegetables

Dried or canned beans

Canned soup/chili

Small bottles of cooking oil

Low-sodium chicken, beef,

vegetable broth

**TOILETRIES/HOUSEHOLD ITEMS** 

Bar soap

Body wash

Deodorant

Toothbrushes & toothpaste

Shaving cream/gel

**Body lotion** 

Shampoo & conditioner

Q-tips

Baby wipes

Menstrual care products

Laundry detergent

Paper towels (individual wrapped)

Toilet paper (individually

wrapped)

**WE DO NOT ACCEPT** 

Glass containers

Perishable items

Loaves of bread