

Food Hamper Items Needed

Food Items

- ◆ Canned Meat
 - Tuna, Ham, Chicken
- ◆ Canned Potatoes
- ◆ Canned Vegetables
- ◆ Canned Tomatoes
- ◆ Canned Beans
- ◆ Canned Fruit
- ◆ Macaroni & Cheese
- ◆ Instant Soup
 - Ramen, Chicken Noodle...
- ◆ Canned Stew or Chili
- ◆ Rice
- ◆ Pasta Sauce
- ◆ Pasta
- ◆ Breakfast Cereal
- ◆ Oatmeal
- ◆ Granola Bars or Protein Bars
- ◆ Soda Crackers

- ◆ Pancake Mix
- ◆ Meal Replacement Drinks
- ◆ Fruit Juice
 - Apple, Orange, Cranberry

Toiletries

- ◆ Laundry Detergent
- ◆ Bar Soap
- ◆ Shampoo & Conditioner
- ◆ Hand Lotion
- ◆ Hand Sanitizer
- ◆ Ladies Hygiene Products

