



# Emmaus Food Wish List

Call Ahead (978-241-3412) to Schedule a Donation Drop Off

## Non-Perishable Food Items:

### Protein

- Canned Tuna, Chicken, Ham
- Canned or Dry Beans (Legumes)\*
- Nuts

### Beverages

- Shelf Stable Milk
- Bottled Water
- Juice Boxes\*
- Drink Mixes
- Tea Bags

### Grains

- Pasta\*
- Rice\*
- Bread\*
- Quinoa
- Couscous
- Oatmeal\*

### Snacks

- Fruit Cups
- Granola Bars
- Crackers

### Other Items

- Soup\*
- Pasta Sauce
- Instant Mashed Potatoes
- Cereal
- Pancake Mix
- Canned Vegetables\* (In Water)
- Canned Fruit\* (In Water)
- Sugar\*
- Flour
- Baby Food

### Condiments

- Peanut Butter\*
- Jam or Jelly
- Ketchup
- Mustard
- Mayonnaise
- Olive/ Canola Oil
- Salad Dressing

### Spices

- Salt
- Pepper
- Seasonings

### \*Healthier Options:

Legumes: Black Beans, Pinto Beans, Chickpeas, Lentils  
Pasta: Whole Wheat Pasta, Rice Noodles  
Rice: Brown Rice, Wild Rice  
Bread: Whole Wheat Bread, Pita Bread, Tortillas  
Oatmeal: Plain Instant Oatmeal Without Added Sugar

Soups and Canned Vegetables: Low Sodium  
Canned Vegetables and Fruit: In Water  
Sugar: Brown Sugar  
Peanut Butter: Sunflower Seed Butter, Almond Butter  
Juice: All-Natural, 100% Fruit Juices

## Perishable Food Items:

### Meats

- Chicken (Fresh/Frozen)
- Turkey (Fresh/Frozen)
- Beef (Fresh/Frozen)
- Pork (Fresh/Frozen)
- Fish (Fresh/Frozen)

### Dairy

- Eggs
- Cheese
- Yogurt
- Fresh Milk (Gallon-Sized)

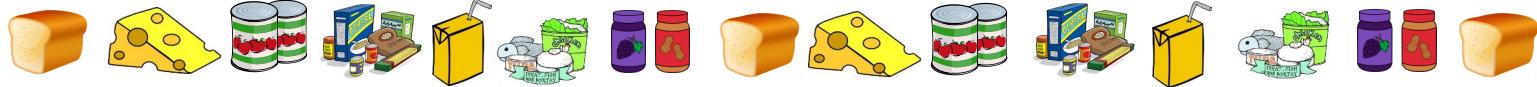
### Vegetables and Fruit

- Onions
- Potatoes
- Carrots
- Oranges
- Apples

N.B.: **Bolded** items are the most highly requested and (\*) Asterisked items have healthier options.  
To facilitate good nutrition for our clients, please consider donating the healthier versions.



**Emmaus**  
"Where Everybody Matters"



**Emmaus***"Where Everybody Matters"*

# Emmaus Items Wish List

For Non-Food Items and Goods

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## Household & Personal Items

- Brooms & Mops
- Rubbermaid Bins
- Spray Bottles
- Dust Pans/Brushes
- Toilet Brushes
- Laundry Detergent
- Floor Lamps
- Fans
- Pillows (New Only)
- Scissors
- Bath Towels & Washcloths (New or Gently Used)
- Pillow Cases (New or Gently Used)
- Shower Curtains
- Sheets & Blankets
- New Socks & Underwear (Newborn—Adult)
- New Pajamas (Newborn—Adult)
- Backpacks (New)

## Children's Items

- Diapers: Newborn, larger sizes, & pull-ups (Large Sizes 3-6)
- Diaper Rash Ointment
- Child Thermometers
- Plastic Baby Bottles & Cleaning Equipment
- New Infant, Toddler, and Child Car Seats & Booster Seats
- Child-proofing kits (outlet covers, etc.)
- Baby Wipes
- Baby Shampoo

## Arts and Craft Supplies & Books

- Markers & Crayons
- Colored Construction Paper
- Colored Pencils
- Coloring Books
- White & Colored Copy Paper
- Journals
- Bi-lingual Books
- Stamps

## Hygiene Products

- Shampoo
- Soap
- Deodorant
- Razors
- Shaving Cream
- Combs & Brushes
- Feminine Hygiene Products
- Hand Sanitizer
- Toothpaste
- Toothbrushes
- Chap-stick
- Hand cream
- Earplugs
- Personal Tissues
- Mouthwash (alcohol-free only)

## Kitchenware

- Extra Large Aluminum Mixing Bowls
- Extra large Pots and Pans
- Silverware
- Can openers (non-electric)
- Large Plastic Food Storage Containers & Lids
- Glove Pot Holders
- Measuring Cups
- Commercial Grade Can Opener
- Rice Cooker

**Emmaus Does Not Accept Donations of:  
Used Clothing, Furniture, Toys, or Electronics.**

**Please Donate These Items to:**

*Ruth's House Thrift Store*

*111 Lafayette Square, Haverhill, MA 01830*

*(978) 521-5575*

**Emmaus clients can receive needed items directly from Ruth's House free of charge.**

**Emmaus clients can receive larger household items from:**

*The Household Goods Recycling Ministry:*

*(978) 635-1763 [www.HGRM.org](http://www.HGRM.org)*

*The Mission of Deeds: (978) 944-9797*

*[www.missionofdeeds.org](http://www.missionofdeeds.org)*

*Project Home Again: (978) 470-1356*

*[www.projecthomeagain.us](http://www.projecthomeagain.us)*