

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 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

The Mission of Deeds: (978) 944-9797

www.missionofdeeds.org

Project Home Again: (978) 470-1356

www.projecthomeagain.us