



Thank you for contributing to Westside CARES' food pantry throughout the year!

Below is the list of most-needed items. Food pantry donations may be dropped off at their central office, located at 2808 W. Colorado Avenue, on Thursdays between 9:30 a.m.-12:30 p.m. When you drop off your items, please let them know you are from Unity. Thanks, in advance, for opening your heart and helping those in need!

**Hygiene related:**

Dish soap  
Baby wipes (always needed)

**Food:**

Beef stew  
Soups of all kinds except cream of mushroom  
Instant lunch  
Potato sides  
Canned pasta sauce  
Large canned chicken  
Canned fruit all kinds  
BBQ sauce

**Beverages:**

Protein drinks  
Shelf stable milk  
Juice of all sizes  
Bottled water

**Misc.**

Canned dog and cat food  
Hand Warmers  
Backpacks

**Clothing:** New or nearly new men's underwear briefs all sizes, men's jeans or pocketed type pants (hiking) waist size 32-36, winter gloves & hats, men's winter coats all sizes. Men's T-shirts of all sizes. New or nearly new women's underwear all sizes, women's bras all sizes, women's jeans or pocketed type pants (hiking) size 8-14, winter gloves & hats, and women's winter coats all sizes. Men's and women's walking or hiking type shoes or boots of all sizes.

