

# MOST NEEDED ITEMS

## **Canned Goods**

Canned fruits (in juice or light syrup)  
Canned soup and chili  
Canned tuna, chicken, salmon  
Canned pasta (ravioli, spaghetti)

## **Dry Goods**

Rice (white, brown, instant)  
Pasta and noodles  
Instant mashed potatoes  
Dry cereal  
Oatmeal (instant or rolled oats)

## **Shelf-Stable Proteins**

Peanut butter  
Nut or seed butters (sunflower, almond)  
Canned or pouch tuna/chicken  
Protein bars  
Shelf-stable tofu

## **Snacks**

Granola bars  
Crackers  
Pretzels  
Trail mix  
Popcorn kernels or microwave popcorn

## **Baking & Cooking Staples**

Flour  
Sugar  
Salt & spices  
Cooking oil  
Baking mixes (pancake, muffin, cake)  
Shelf-stable milk alternatives (almond, oat, soy)

## **Ready-to-Eat / Convenience Foods**

Boxed macaroni & cheese  
Ramen or instant noodles  
Instant rice dishes  
Meal kits (Hamburger Helper, rice boxes)  
Canned pasta sauce  
Shelf-stable microwave meals

## **Drinks**

Shelf-stable juice boxes  
Electrolyte drink powders  
Condiments & Extras  
Honey  
Shelf-stable salad dressings  
Hot sauce and seasonings

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# MOST NEEDED ITEMS

## Hygiene Essentials

Toothpaste  
Toothbrushes  
Floss  
Mouthwash (travel or full size)  
Bar soap or body wash  
Shampoo & conditioner (travel or full size)  
Deodorant  
Lotion

## Hair & Body Care

Combs/brushes  
Hair ties & clips  
Body wipes  
Razors & shaving cream  
Feminine hygiene products (pads, tampons, liners)

## Household & Cleaning

Laundry detergent (pods preferred)  
Dish soap  
Sponges  
Paper towels  
Toilet paper

## Health & Wellness

Band-Aids  
Basic first-aid items  
Hand sanitizer  
Tissues

## Miscellaneous Toiletries

Lip balm  
Nail clippers  
Cotton swabs  
Face towels/washcloths