



## Preferred Food & Essential Items

### Most Needed Food and Essential Items

- Peanut butter (non-hydrogenated oil)
- Canned meat/fish (chicken, salmon, tuna)
- Canned Fruit in Fruit Juice
- Whole Grain, Low Sugar Cereal
- Whole Grain Pasta
- Brown Rice
- Macaroni and Cheese
- Diapers (Size Premie, 5, 6, 7)
- Hygiene wipes
- Mouthwash
- Deodorant
- Menstrual Products

### Holiday Items:

- Turkeys, Hams, Cornish Game Hens
- Canned vegetables
- Canned yams
- Marshmallows
- Canned cranberries
- Boxed or bagged Stuffing
- Canned gravy (prefer cans over glass jars)
- Instant Potatoes
- Hot roll box mix
- Canned pumpkin, cherry or apple pie fillings
- Boxed pie crusts
- Boxed pumpkin bread mixes
- Anything your family finds special!