



## WHAT WE NEED:

canned tuna, salmon or other protein;  
canned vegetables  
dried herbs and spices  
whole grains  
cooking oils  
canned/cups of fruit (in water or juice. Not syrup)  
canned soups & chili  
canned tomatoes  
flour, sugar & baking supplies;  
Bisquick or shelf-stable biscuit mix  
peanut butter or almond butter  
oats  
boxed meals (mac & cheese etc)  
hot or cold cereal  
100% juice ( including juice boxes)  
nutritious snacks  
paper towels & toilet paper  
dish soap & sponges  
diapers  
toiletries of any kind, including feminine products