
HIGH NEEDS

items

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 and chili

Canned tomatoes

Flour, sugar & baking supplies

Shelf stable biscuit mix

Peanut or other nut butters

Oats

Boxed meals, like mac & cheese

Hot or cold cereal

100% juice

Nutritious snacks

Paper towels & toilet paper

Dish soap & sponges

Diapers

Toiletries of any kind, including menstrual products

