

MOST NEEDED ITEMS



1



**CANNED
PROTEIN**

*(TUNA, SALMON, CANNED
MEAT, BAKED BEANS,
PEANUT BUTTER)*

2



**BREAKFAST
FOOD**

*(OATMEAL, CEREAL, JAM,
SYRUP, PANCAKE MIX)*

3



**CANNED
FRUITS &
VEGETABLES**

*(PASTA SAUCE, CANNED
VEGGIES, CANNED FRUIT)*

4



**HEALTHY
SNACKS**

*(GRANOLA BARS, JUICE
BOXES, FRUIT CUPS,
APPLE SAUCE, CRACKERS)*

5



**HYGIENE
ITEMS**

*(SHAMPOO, DEODORANT,
TOOTHBRUSH, TOOTHPASTE)*