

Needs List updated 10/3/2016:

- **Cereal or Oatmeal**
- **Soups (especially Progresso or Chunky styles)**
- **Spaghetti/Pasta Sauce**
- **Pasta/Noodles (spaghetti, any pasta type, egg, etc.)**
- **Canned vegetables**
- **Canned fruits**
- Sugar
- Canned meats (chicken, Spam, tuna, etc.)
- Gluten-free product (any type, but especially pasta, cereal, etc.)
- Mayonnaise
- Condiments (ketchup, mustard, barbecue sauce, etc.)
- Juice (100%)
- Salad Dressing (Ranch, Italian, etc.)
- Rice/Rice sides
- Tomato Product (diced, stew, paste, sauce, etc.)
- Protein Beans
- Coffee
- Tea
- Hot Chocolate
- Oil
- Coffee
- Tea
- Hot Chocolate
- Beverages (Gatorade, etc.)
- Shampoo
- Conditioner
- Toothpaste
- Toothbrushes
- Deodorant
- Feminine products
- Laundry Detergent
- Soap (bars/liquid)

Thanksgiving/Holiday Needs List:

- **Green Beans**
- **Corn**
- **Cream of Mushroom Soup**
- **Turkey Gravy (jar or dry mix)**
- **Canned Yams**
- **Stuffing**
- **Canned Pumpkin**
- **Dry Pie Crust Mix**
- **Gift Cards to Giant/Weis to purchase turkeys**
- **Gift Cards to Sam's Club to purchase fresh potatoes**

Guidelines

- All donated items that are **past the expiration date** cannot be distributed and must be discarded
- Even though **home canned goods** are tastier, we have no way of knowing how they were processed and when they were processed therefore they are discarded.
- We receive items that have been **opened and partially used**. We are unable to distribute these items so they are discarded. Most often this occurs with spices, condiments, cereal, rice, pasta, tea etc.
- All donated items that contain any **alcohol** must be discarded, including Vodka Sauce, Red Wine Vinegar, etc.
- All donated items that are severely **dented or damaged** cannot be distributed and must be discarded.
- Over the counter **medicines** cannot be distributed and must be discarded.
- As much as we appreciate jars of **baby food and formula**, we often have to discard this since the majority of our clients qualify for WIC.