Non perishable:
- Cereal/Oatmeal/Grits
- Canned Beans
- Canned Chicken
- Canned Tuna
- Canned Soup
- Canned Pasta
- Canned Fruit
- Canned Vegetables
- Peanut Butter & Jelly
- Snacks
- Granola Bars/Protein Bars
- Ramen
- Spices, Sauces, Condiments

Hygiene products:
- Soap
- Deodorant
- Conditioner
- Shampoo
- Powered detergent or pods
- Toothbrush
- Toothpaste
- Floss
- Bar Soap
- Liquid Body Wash
- Lotion
- Tissues