**Non perishable:**
- Cereal/Oatmeal/Grits
- Canned Beans
- **Canned Chicken**
- **Canned Tuna**
- Canned Soup
- Pasta and Pasta Sauces
- Canned Fruit
- **Canned Vegetables—NOT needed**
- **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