

List of food and hygiene item categories to help with your donation.

Please check expiration dates on food items before donating

Canned Goods

- Canned vegetables (corn, green beans, peas, etc.)
- Canned fruits (peaches, pineapple, applesauce, etc.)
- Canned beans (black beans, chickpeas, kidney beans)
- Canned soups, stews, and chilli
- Canned meats (chicken, tuna, salmon)
- Canned pasta (ravioli, spaghetti, etc.)

Dry Goods

- Rice (white, brown, instant)
- Pasta (spaghetti, macaroni, penne, etc.)
- Instant noodles or ramen
- Boxed macaroni and cheese
- Instant potatoes or dried mashed potatoes
- Quinoa or couscous

Breakfast Items

- Instant oatmeal packages
- Breakfast cereal (individual boxes or regular boxes)
- Granola bars, protein bars or cereal bars
- Pancake mix (complete, just-add-water varieties)
- Syrup (for pancakes or waffles)

Proteins

- Peanut butter or other nut butters
- Canned or pouch tuna/chicken
- Shelf-stable milk (dairy or non-dairy)
- Canned refried beans

Snacks

- Crackers (saltines, graham crackers, etc.)
- Pretzels, chips, or popcorn
- Dried fruit (raisins, cranberries, apricots, etc.)
- Nuts and trail mix
- Applesauce cups or fruit cups
- Pudding cups
- Granola and protein bars

Baking Essentials

- Flour, sugar, or baking mixes (like cake, muffin, or brownie mixes)
- Cooking oil (vegetable, canola, or olive oil)
- Seasonings and spices
- Salt and pepper

Beverages

- Instant coffee or tea bags
- Hot chocolate packets
- Powdered drink mixes (like lemonade or fruit punch)
- Shelf-stable juice boxes

Miscellaneous

- Individual condiment packets (ketchup, mustard, mayo)
- Jams, jellies, and honey
- Tortillas
- Shelf-stable bread (like naan or flatbreads)

Personal Care

- Toothpaste
- Toothbrushes
- Mouthwash
- Dental floss
- Deodorant (stick, roll-on, or spray)
- Body wash or bar soap
- Hand soap (liquid or bar)
- Shampoo and conditioner
- Face wash
- Lotion or moisturizer

Feminine Hygiene Products

- Menstrual pads
- Tampons
- Menstrual cups
- Panty liners

Hair Care

- Shampoo and conditioner
- Hairbrushes and combs
- Hair ties and bands
- Hair styling products (like gel or cream)
- Dry shampoo

Skin Care

- Face wipes or makeup remover wipes
- Sunscreen
- Lip balm
- Facial moisturizer
- Body lotion
- Hand cream

Shaving Products

- Razors
- Shaving cream or gel
- Aftershave lotion

Baby Care Essentials

- Diapers (all sizes, especially newborn and size 1)
- Baby wipes
- Baby formula (powdered or ready-to-feed)
- Baby lotion and body wash
- Diaper cream

Laundry Essentials

- Laundry detergent (liquid, pods, or powder)
- Fabric softener or dryer sheets
- Stain remover
- Laundry bags or baskets

Cold Weather Essentials

- Blankets (new or gently used)
- Warm socks
- Gloves and hats
- Scarves
- Hand warmers

Miscellaneous

- Hand sanitizer
- Cotton swabs
- Cotton balls or rounds
- Nail clippers
- Tweezers
- Tissues
- First aid supplies (band-aids, antiseptic wipes)
- Wet wipes or baby wipes