Loaves & Fishes Most Needed Items for Donation

Healthy Items

Whole grain cereals (low sugar) Whole grain

pastas

Oatmeal

Gluten free items

Low-sodium canned vegetables

No sugar added canned fruits

Personal Care Items

Household cleaning agents Detergent Diapers and wipes Toilet paper Toothpaste

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Shampoo

General Grocery Items

Rice & Couscous Dried Beans

Condensed soup

Dried Fruit

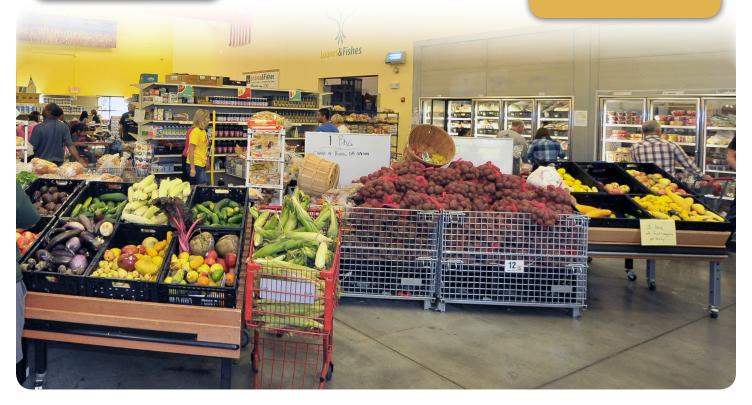
Lentils/Barley

Pasta

Spaghetti Sauce

Coffee and tea

100% Juices





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