

## Volunteer Opportunities

Providing a Meal  
Helping Prepare a Meal  
Serving a Meal

### Kitchen Items:

Breakfast Cereal

Jelly

Tea

Energy, Granola, Protein Bars

Fresh Whole Milk

Applesauce Cups/Pouches

Fruit Cups

Individually Wrapped

Crackers/Cookies

Trail Mix or Nuts in Small Packages

Juice Boxes

Cases of Water

33-Gallon Trash Bags

Paper Plates, Bowls & Coffee Cups

### Toiletries/General Items:

#### Toiletry and Personal Items:

- Travel Size Shampoo and Conditioner
- Travel Size Body Soap or Shower Gel
- Toothpaste
- Deodorant
- Razors

Hairbrushes/Comb

Box Q-Tips

Bath Towels and Washcloths

Tissues

Postage Stamps

Feminine Hygiene Pads

Baby Wipes

White T shirts

Sweatpants (unisex, all sizes)

New Men's, Ladies, and Children Underwear

New Men's Socks

New Sleeping Bags

Adult Backpacks

Liquid Laundry Detergent

Copy/Printer Paper

Pens and Permanent Markers

Staples

Binder Clips

Dog Food

**Thank you for your support!**

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