



Extending a hand up on the North Shore since 1993

2025

MOST NEEDED ITEMS

Canned Fruit and Fruit Cups

Rice (1lb bags)

Jams & Spreads (No Peanut Butter)

Shampoo

Cookies, Crackers

Conditioner

Coffee (1lb pack ground)

Toilet Paper

Flour, Sugar, Salt, Pepper (All 1-2lb
packs maximum)

Feminine Hygiene Products

Dish Soap

Oil, Vinegar (500ml)

Laundry Soap

Soup Broth / Bouillon

Dishwasher Soap

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