



**Extending a hand up  
across the North Shore since 1993**

## **2026 - MOST NEEDED ITEMS**

Canned Fruit and Fruit Cups

Jams & Spreads (No Peanut Butter)

Coffee (1lb pack ground)

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

Oil, Vinegar (500ml)

Pasta Sauces

Shampoo

Conditioner

Toilet Paper

Feminine Hygiene Products

Dish Soap

Laundry Soap

Dishwasher Soap

**[harvestproject.org](http://harvestproject.org)**

Charity Registration Number: 140525205RR000

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