DONATE TO FRESH!

MOST NEEDED ITEMS INCLUDE:

**FOOD ITEMS**
- Bagged Rice
- Canned Fruit
- Canned Vegetables
- Canned Soup
- Canned Chicken
- Canned Tuna
- Any non-perishable vegetarian items
- Canned Beans
- Almond and Soy Milk (shelf stable)
- Dry Beans or Lentils
- Peanut Butter
- Protein Bars
- Oatmeal
- Pasta

**TOILETRIES**
- Shampoo and Conditioner
- Deodorant
- Menstrual Products
- Toothpaste
- Hand or Body Soap
- Detergent

You can also find our Amazon wishlist here: bit.ly/GiveFRESH

THANK YOU!

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