

DONATE TO FRESH!

MOST NEEDED ITEMS INCLUDE:

FOOD

- BAGGED RICE OR READY-TO-EAT RICE
- CANNED FRUIT (IN WATER OR JUICE)
- WHOLE GRAIN CEREAL
- CANNED OR BOXED SOUP (LOW SODIUM)
- WHOLE GRAIN PASTA
- PASTA SAUCE
- CANNED MEATS & FISH (IN WATER)
- HEALTHY SNACKS (SUCH AS LOW SUGAR GRANOLA BARS, RAW NUTS, DRIED FRUIT)
- CANNED BEANS AND VEGETABLES
- PEANUT OR NUT BUTTERS



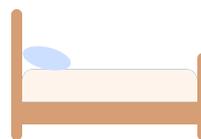
TOILETRIES (TRAVEL OR REGULAR SIZE):

- SHAMPOO/CONDITIONER
- DEODORANT
- MENSTRUAL PRODUCTS
- TOOTHPASTE & TOOTHBRUSHES
- TOILET PAPER
- BODY OR HAND SOAP
- DETERGENT



BEDROOM

- TWIN XL BED SHEETS/COMFORTERS
- TOWELS
- HOUSING AMAZON WISH LIST:
bit.ly/DormNeeds



CHECK OUT OUR FRESH AMAZON WISH LIST FOR SPECIFIC NEEDS AT:
bit.ly/GiveFRESH

THANK YOU!



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