

TOP NEEDS

FOOD MARKET

- Oil
- Flour
- **Sugar**
- Rice
- **Peanut Butter**
- **Oatmeal**
- Spices and Seasonings
- Canned Tuna
- Canned Sardines (in oil)
- Canned Chicken
- Dry/Canned Beans
- Cereal
- Coffee
- Tea



BASIC NEEDS

- **Baby Wipes**
- **Bar Soap**
- **Toilet Paper**
- **Paper Towels**
- **Menstrual Products (pads)**
- **Razors**
- Deodorant
- Laundry Pods
- Toothpaste/Toothbrush
- Shampoo/Conditioner
- Cleaning Rags/Sponges
- Multi-Purpose Cleaners



Items in **bold** are most asked for

INVEST IN THE FUTURE OF NEIGHBORHOOD HOUSE

\$75 a month helps feed a family of 4 for at least
2 weeks.

\$42 a month provides a family household supply kit,
including paper towels, soap, and cleaning supplies.

\$31 a month supports a family's dignity through
providing hygiene products.

\$26 a month buys a case of cooking oil to be
distributed through our two free food markets.



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donor or to make a donation, contact
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