

Most Needed Items

Non – Perishables:

- Rice & Pasta (Wheat and Gluten Free)
- Dry & Canned Beans (Lentils & Pigeon Peas)
- Grain Products (Flours & Cornmeal)
- Cooking Oils
- Soups (Packages and Canned & Low Sodium/Halal)
- Shelf-Stable Milk & Dairy Alternatives
- Spreads (Nut butters/Jams/Seed Butters)
- Canned Protein (Fish/Chicken/Corn Beef)
- Canned Vegetables/Fruits/Pickle Products
 - Corn, Ackee, Callaloo, Jackfruit, Mango Pulp, Mix Veg
- Tomato Based Products
 - Salsa, Canned Tomatoes, Pasta Sauce & Paste
- Snack Items (School Friendly, Low Sodium, Gluten Free)
 - Crackers, Seaweed, Chips, Cookies, Bars, Applesauce
- Beverages (Juice/Tea/Coffee/Hot Chocolate)
- Oatmeal & Cereal
- Spices & Seasonings
 - Curry Powder, Adobo, Jerk Seasoning & All Dried Herbs
- Baby Food (Liquids/Powders & Snacks)
- Meal Replacements (Drinks and Bars)

Hygiene Products:

- Incontinent
- Menstrual
- Oral Hygiene
- Hair Care
- Body Care & Wipes
- Diapers (all sizes)

Household Items:

- Toilet Paper
- Laundry Products
- Dish Soap
- Empty Egg Cartons
- Ziploc Bags

