Shopping List

▶ **Personal Care Items**
- Liquid hand soap
- Shampoo & Conditioner
- Toothbrush & Toothpaste
- Deodorant
- Toilet paper
- Body & Face lotions
- Lip Balms

▶ **Food**
- Rice, Pasta and bread
- Oatmeal, Granola, Cereal
- Canned vegetables, fruits, and beans
- Tuna or other canned meat
- Canned baked beans
- Canned soups
- Pasta Sauces (canned or plastic jars)
- Condiments:
  - Olive oil, Salad Dressings, Mustard, Ketchup, Mayonnaise, Honey, etc
- Peanut butter, Jam
- Coffee, Tea, and hot chocolate
- Apples and other fruits