

The Nosh

Food for the Hart

LIST OF ITEMS TO DONATE

- COLD CEREAL
- PEANUT BUTTER
- JELLY
- CANNED SOUP
- CANNED FRUIT/APPLESAUCE
- CANNED VEGETABLES
- CANNED STEW
- TUNA AND CANNED MEATS
- CANNED BEANS
- PASTA (INCLUDING WHOLE GRAIN)
- RICE (INCLUDING BROWN RICE)
- RICE MIXES
- SOUPS (INCLUDING VEGETARIAN OPTIONS)
- GRANOLA BARS AND COOKIES
- MACARONI & CHEESE
- BAKED BEANS (INCLUDING VEGETARIAN OPTIONS)

DONATIONS OF PERSONAL CARE ITEMS ARE ALSO ACCEPTED:

- BODY WASH
- BAR SOAP
- LOTION
- RAZORS
- SHAVING CREAM
- GEL
- HAIR REMOVAL LOTION
- DEODORANT
- TOOTHBRUSH
- TOOTHPASTE
- MOUTHWASH
- FLOSS
- SHAMPOO
- FEMININE HYGIENE ITEMS: PADS, TAMPONS, ETC.
- HOUSEHOLD ITEMS: TOILET TISSUE, FLUSHABLE WIPES, PAPER TOWELS, LAUNDRY PODS, LAUNDRY DETERGENT, BLEACH, FABRIC SOFTENER, CLEANING SPRAY, CLEANING WIPES, ETC.

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