

## MHC Supplemental Staples Program Needs

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- Box of lower sugar instant oatmeal
  - Small box of healthy cereal
  - 14.5oz can fruit No sugar/light syrup
  - 12oz can tuna or chicken
  - 16oz Jar natural peanut butter
  - 12.5oz jar sugar free/low sugar Jam/Jelly
  - 10.75oz can low sodium soup  
(Healthy Request preferred)
  - Box of whole grain saltines
  - Long grain & wild rice  
(6oz box or microwaveable packet)
  - 16oz box whole wheat pasta
  - 24oz can spaghetti sauce  
(meat or traditional)
  - 15oz can chili
  - 14.5oz can low sodium green beans
  - 14.5oz can low sodium corn
  - 14.5oz can low sodium beans  
(black and pinto)
  - 32oz box shelf stable milk
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## MHC Supplemental Staples Program Toiletry Needs

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- 6oz box of toothpaste
  - Adult toothbrush
  - Kids toothbrush
  - Deodorant  
(men's and women's)
  - Bar soap
  - 15oz bottle of shampoo
  - 15oz bottle of conditioner
  - Laundry Detergent  
(50oz or smaller)
  - 4 pack of toilet paper
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Please ensure food and toiletry items are no larger than size listed.

Items donated outside of MHC SSP needs list may be gifted to another non-profit organization or sold in our thrift store, to help generate funds used to provide financial assistance for our clients.

Thank you!

