



“Love Your Neighbor” Care Package Suggestions

Food Items

Bring only nonperishable, pop-top or easy-open items; avoid hard foods, gum, candy/chocolate, pork, shellfish, and fruit snacks.

- Gallon zip-top bags
- Plastic silverware & napkins
- Soft breakfast or granola bars
- Cereal cups
- Single-serving peanut butter cups
- Canned fruit
- Applesauce cups/pouches
- Boxed raisins
- Canned vegetables & canned soup
- Chicken & dumplings
- Beef stew
- Chef Boyardee (except Spaghetti & Meatballs or Italian Sausage Ravioli)
- Canned/pouch meats (chicken, tuna, turkey, Vienna sausage)
- Single-serving crackers (Ritz, Lance, Saltines)
- Single-serving snacks (Cheez-Its, Chex Mix, chips)
- Single-serving desserts (cookies, pudding cups, fruit pies)
- Individual condiment packets (mayo, ketchup, mustard, salt, pepper, ranch, BBQ)
- Bottled water
- Individual water flavor packets (Crystal Light, Propel, Sweet Leaf)

Personal Care Items

- Toilet paper & wet wipes
- Disposable razors
- Travel-size toothpaste & toothbrush
- No-water soap/shampoo
- Feminine products
- Fabric band-aids
- Socks
- New underwear
- Small sewing kit
- Duct tape