# MOST NEEDED ITEMS

Keep in mind that bigger is not always better. Single portion-sized packaging is preferred. Oversized or undersized cans are more difficult to store and disperse to Comet Cupboard users.

## GRAINS
- Cereal
- Stove Top & Instant Oats
- Microwavable Meals
- Noodle Bowls
- Pasta
- Rice: Brown, Jasmine & White
- Rice or Pasta Sides

## PROTEIN
- Dried or Canned Beans: Black, Garbanzo/Chickpeas, Kidney, Pinto
- Dried Lentils or Split Peas
- Canned meat: Chicken, Tuna, Sardines
- Nut Butters: Peanut (Crunchy and Creamy), Almond,

## VEGETABLE AND FRUIT
- Canned Vegetable: Carrots, Corn, Mixed Vegetable, Peas, Spinach
- Tomato Products: Diced Tomatoes, Pasta Sauce, Tomato Paste, Tomato Sauce

## SNACK
- Nuts
- Dried Fruits
- Granola and Breakfast Bars
- Crackers
- Fruit Snacks
- Trail Mix
- Fruit Cups

## PERSONAL CARE
- Body wash, Soap
- Dental Care: Toothpaste, Brushes, Floss
- Deodorant
- Shampoo/Conditioner
- Razors

## HOUSEHOLD CARE
- Laundry Detergent
- Dish Soap
- Paper Towels
- Toilet Paper

## PANTRY STAPLES
- Baking: Flour, Cake/Cookies/Pancake/Muffin Mix
- Condiments: Ketchup, Mustard, Mayonnaise, BBQ Sauce
- Cooking Oil
- Salad Dressing
- Spices: Garlic Powder, Italian, Paprika, Cumin, Salt, Sugar, Pepper
- Shelf Stable Milk: Dairy, Condensed, Evaporated, Almond, Soy