



## 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.

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| <p><input type="checkbox"/> <b>GRAINS</b></p> <ul style="list-style-type: none"><li>• Cereal</li><li>• Stove Top &amp; Instant Oats</li><li>• Microwavable Meals</li><li>• Noodle Bowls</li><li>• Pasta</li><li>• Rice: Brown, Jasmine &amp; White</li><li>• Rice or Pasta Sides</li></ul>                        | <p><input type="checkbox"/> <b>PANTRY STAPLES</b></p> <ul style="list-style-type: none"><li>• Baking: Flour, Cake/Cookies/Pancake/Muffin Mix</li><li>• Condiments: Ketchup, Mustard, Mayonnaise, BBQ Sauce</li><li>• Cooking Oil</li><li>• Salad Dressing</li><li>• Spices: Garlic Powder, Italian, Paprika, Cumin, Salt, Sugar, Pepper</li><li>• Shelf Stable Milk: Dairy, Condensed, Evaporated, Almond, Soy</li></ul> |
| <p><input type="checkbox"/> <b>PROTEIN</b></p> <ul style="list-style-type: none"><li>• Dried or Canned Beans: Black, Garbanzo/Chickpeas, Kidney, Pinto</li><li>• Dried Lentils or Split Peas</li><li>• Canned meat: Chicken, Tuna, Sardines</li><li>• Nut Butters- Peanut (Crunchy and Creamy), Almond,</li></ul> | <p><input type="checkbox"/> <b>SNACK</b></p> <ul style="list-style-type: none"><li>• Nuts</li><li>• Dried Fruits</li><li>• Granola and Breakfast Bars</li><li>• Crackers</li><li>• Fruit Snacks</li><li>• Trail Mix</li><li>• Fruit Cups</li></ul>   |
| <p><input type="checkbox"/> <b>VEGETABLE AND FRUIT</b></p> <ul style="list-style-type: none"><li>• Canned Vegetable: Carrots, Corn, Mixed Vegetable, Peas, Spinach</li><li>• Tomato Products: Diced Tomatoes, Pasta Sauce, Tomato Paste, Tomato Sauce</li></ul>   | <p><input type="checkbox"/> <b>PERSONAL CARE</b></p> <ul style="list-style-type: none"><li>• Body wash, Soap</li><li>• Dental Care: Toothpaste, Brushes, Floss</li><li>• Deodorant</li><li>• Shampoo/Conditioner</li><li>• Razors</li><li>• </li></ul>   |
| <p><input type="checkbox"/> <b>MISCELLANEOUS ITEMS</b></p> <ul style="list-style-type: none"><li>• Can openers</li><li>• Soup: Vegetarian and Non-Vegetarian</li></ul>  | <p><input type="checkbox"/> <b>HOUSEHOLD CARE</b></p> <ul style="list-style-type: none"><li>• Laundry Detergent</li><li>• Dish Soap</li><li>• Paper Towels</li><li>• Toilet Paper</li></ul>  |