

# Most Needed Items for Community Action House

- canned fruit in 100% juice
- low-sugar/no sugar added juice
- canned beans and peas
- dried beans and lentils
- canned tuna and chicken
- canned coconut milk
- corn and flour tortillas
- cooking oil
- flour
- sugar
- canned chilis
- bagged rice
- canned tomatoes and tomato products
- spices
- broth
- crackers
- whole wheat pasta
- pasta sauce
- oats
- cereal
- toilet paper
- paper towel
- hand soap
- shampoo
- bar soap/body wash

\*low-sodium items preferred



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