

Food Supplies: We would like to supply each family with a bag of the asterisked items; and include the other items as extras.

Boxed Items:

- *Ramen Noodles
- *Macaroni and Cheese
- Pasta Noodles
- Crackers
- Stuffing
- Instant Mashed Potatoes
- *Meals in a box
- *Whole Grain Cereal

Can Items:

- *Vegetables
- *Fruit in juice or water
- Beans
- Meals in a can (soup, stew, chili)
- *Canned Chicken

Jar:

- *Spaghetti Sauce
- *Peanut Butter
- *Jelly
- Apple Sauce
- BBQ Sauce
- Ranch Dressing
- Hot Sauce

Other:

- Olive oil or canola oil
- Spices (cinnamon, chili powder, cumin, salt-free spice blends)
- *Sugar
- Flour
- *Healthy snacks - granola bars
- Nuts, dried fruit
- Laundry detergent
- *Dish soap
- Cleaning Supplies

*Rice

Clothing Supplies: These are the most needed items but we are happy to sort through and use what is needed. The sizes we need the most for all 5-8 for boys and girls, unless otherwise specified in parenthesis.

Belts for boys - sizes 6-10

Pants (small jeans 5-8 with adjustable buttons for waste), sweatpants, cargo

Socks for boys and girls

T-shirts - all sizes

Sweatshirts - all sizes

Underwear for young boys and girls 5-7

Bras - 10-14

Clothing Chart

5 (S)	42-45	42-46	23	21½	24
6 (M)	45-49	48-54	24	22	25
7 (M)	49-53	56-60	25	22½	27
8 (L)	53-55	62-66	26½	23	28
10 (L)	55-57	68-74	28	24	30
12 (XL)	57-60	76-84	29½	25	32
14 (XL)	60-62	86-96	31	26	34