

RAMILY MARKET WISH LIST

Learning is harder when you're hungry. Help us stock our new free resource center with items requested by Rams. If you are able, please consider donating some of the following items to Kanbar 205.

NON-PERISHABLE FOOD ITEMS

GRAINS

packaged pasta, quinoa, rice, cereal, crackers, granola, oatmeal, boxed macaroni and cheese, soup in a cup

FRUIT

canned fruit- no sugar added, packaged dried fruit and berries, packaged fruit cups, jam, jelly, apple sauce

VEGETABLES

assorted canned vegetables, assorted dehydrated vegetables

SNACKS

granola bars, larabars, popcorn, veggie stix

CANNED OR DEHYDRATED PROTEIN

Canned tuna, canned chicken, beef jerky, turkey jerky, chickpeas, black beans, kidney beans, black eyed peas,

NUTS AND NUT BUTTER

Packaged nuts, peanut butter, almond butter, etc.

SAUCE/GRAVY

Canned or jarred sauces/gravies

BEVERAGES

packaged and sealed ground coffee, packaged and sealed tea bags, canned juice

PERSONAL ITEMS

MENSTRUAL PRODUCTS

packaged tampons, pads, cups or softcups

SOAPS AND CLEANSERS

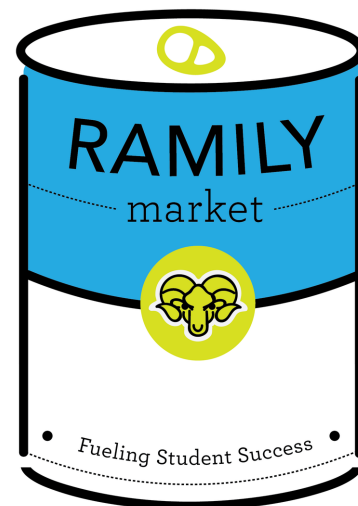
packaged shampoo, conditioner, deodorant, baby wipes, soap

DENTAL CARE

packaged toothpaste, toothbrushes, floss, or mouthwash

PAPER PRODUCTS

packaged toilet paper, tissues



Interested in donating something not listed? Donate it directly to our friends at SHARE Food Program at 2901 W Hunting Park Ave.