



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 Oats
- Microwavable Meals
- Noodle Bowls
- Pasta
- Rice: Brown, Jasmine & White
- Rice or Pasta Sides

PROTEIN

- Dried or Canned Beans: Black, Garbanzo/Chick Peas, Kidney, Pinto
- Dried Lentils or Split Peas
- Canned meat: Chicken, Tuna, Sardines
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VEGETABLE AND FRUIT

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

PERSONAL CARE

- Body wash, Soap
- Dental Care
- Deodorant
- Menstrual Products
- Razors
- Shampoo & Conditioner

PANTRY STAPLES

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

SNACK

- Nuts
- Dried Fruits
- Granola and Breakfast Bars
- Crackers

MISCELLANEOUS ITEMS

- Can openers

HOUSEHOLD CARE

- Laundry Detergent
- Dish Soap
- Paper Towels
- Toilet Paper
- Sponges