

H.E.L.P., Inc  
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## RECURRING NEEDED ITEMS



- FOOD PATRY ITEMS
  - Canned meats (tuna, Spam, etc.)
  - Canned vegetables
  - Cereal (Hot or Cold)
  - 1 pound bags of rice
  - Powdered milk
  - Peanut butter
  - Jam or Jelly (any flavor)
  - Jell-O
  - Corn muffin mix
  - Assorted crackers
  - Fruit or vegetable juice
  - Toilet paper
  - Paper towels
  - Bleach
  - Gallon Zip-lock bags
- CLOTHING (*in good condition please*) & PERSONAL HYGENE
  - Men's and Women's underpants
  - Men's and Women's jeans
  - Heavy coats
  - White socks
  - Men's and Women's shoes
  - Men's work boots
  - Wash cloths
  - Towels
  - Disposable Razors
  - Tooth brushes
  - Tooth paste
  - Deodorant
  - Disposable diapers
  - Combs & brushes
- OFFICE SUPPLIES
  - Address Labels
  - Copy Paper
  - Stamps
  - Mailing envelopes (large size)
  - Toilet Paper
  - Paper Towels
  - 13 gallon trash bags (draw string preferred)
  - Windex
  - Furniture Polish
  - Lysol Spray