

Non-perishable needs for I-HELP

Gift cards for WalMart, Fry's, Sprouts or Safeway/Albertsons
Cases of water, vitamin water or sports drinks
Gallon size Ziploc bags
sandwich size Ziploc bags
Drinks- Bottles of juice, tea, etc.

Lunch items:

Single serving jelly
Single serving fruit cups/applesauce
Granola bars / protein bars
Single serving trail mix or nuts
Single serving bags of chips or other snacks

Proteins:

Tuna single serving packs (foil pouch or easy open cans)
Single serve meats (easy open cans)
Single serving peanut butter

Personal care items:

Dryer sheets
Laundry detergent pods

Travel size toiletries:

Deodorant
Sunblock
Shampoo
Soap
Lotion
toothpaste
Toothbrushes
Female hygiene items

Items always needed:

Socks (men's and women's)
Underwear (men's and women's)