

# NOURISHPHX

## WISH LIST

### *Food*

Canned Tuna & Meat  
Peanut Butter & Jelly  
Spaghetti Sauce & Pasta  
Rice & Whole Grain Cereals  
Canned Fruit & Applesauce  
Low-sodium Vegetables  
Oatmeal  
Macaroni & Cheese  
Beans – Dry or Canned  
Soups, Stews & Chili with Meat  
Whole Grain Crackers  
Granola Bars

### *Baby Needs*

Clothing Diapers (sizes 3-5, pull-ups)  
Baby Wipes  
Infant Formula  
Baby Food

### *Toiletries*

Shampoo & Conditioner  
Soap or Liquid Body Wash  
Lotion  
Feminine products  
Laundry Detergent  
Toothpaste & Toothbrushes  
Deodorant  
Razors

### *Clothes*

Men's & Children's Clothing  
Shoes

### *Other*

Empty prescription/vitamin pill bottles with screw-on lids  
Plastic or paper grocery bags (for clients to carry items home)  
13-gallon drawstring garbage bags (for client clothing)  
Ziploc bags (for toiletries)  
Bottled Water

**Need help coordinating a drive? Just contact us to get started!**

*Thank you, your donations will help many families in need!*