

NOURISHPHX

WISH LIST

Food *Think Protein!*

Canned Fish & Meat
Peanut Butter & Jelly
Spaghetti Sauce & Pasta
Rice & Whole Grain Cereals
Canned Fruit & Applesauce (no sugar added)
Vegetables (low-sodium)
Oatmeal
Macaroni & Cheese
Beans – Dry or Canned
Soups, Stews & Chili with Protein
Whole Grain Crackers
Granola Bars
Bottled Water

Baby Needs

Diapers (sizes 4-6, & pull-ups)
Baby Wipes
Infant Formula
Baby Food
Toys & Books

Seasonal

Holiday Toy Drive, Mother's Day
Pack-A-Purse, Back-to-School
Supplies

Toiletries

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

Clothes & Shoes

All women's, men's and children's
clothing (does not have to be in season)
Shoes/Belts
Scarves/Hats

Other

Kitchen, Bath & Small Appliances
Blankets/Linens
Empty prescription bottles with
locking lids (for dispensing hygiene)
Bags – grocery, totes, garbage, etc.
Ziploc bags (for toiletries)

*NourishPHX is eligible for the Arizona Charitable Tax Credit.
Learn more at www.nourishphx.org or call us at 602-775-5740*



Give Today