SPARROW'S NEST HOLIDAY SEASON WISH LIST - 2023

- Canned Protein (Chicken, Tuna, Spam, & Vienna Sausage)
- Soups
- Chili & Beef Stew
- Baked Beans, Pork & Beans
- Canned Vegetables
- Canned Fruit & Fruit Cups
- Rice
- Instant or Canned Potatoes
- Pasta or Egg Noodles
- Spaghetti Sauce
- Macaroni and Cheese
- Spaghettios/Ravioli
- Ramen Noodles
- Kid's Snacks (Granola Bars, Pudding Cups, Goldfish, Crackers, etc.)
- Peanut Butter & Jelly
- Cereal and Oatmeal
- Boxed, Powdered or Canned Milk
- Juice, Juice Boxes, Gatorade,
- Nutritional Drinks Boost or Ensure



Watch for our weekly "most needed item" in the "Life Section" of the Brunswick News & on social media

