



## SPARROW'S NEST WISH LIST

Canned Protein  
(Chicken, Tuna, Vienna Sausage & Spam)  
Soups (traditional or cream)  
Chili & Beef Stew  
Baked Beans, Pork & Beans  
Canned Fruit & Fruit Cups  
Rice (Plain or Flavored Packets)  
Instant Mashed Potatoes  
Pasta or Egg Noodles  
Spaghetti Sauce  
Canned Vegetables  
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, Boost or Ensure

### **Personal Hygiene & Household Items**

Toilet paper, toothpaste, shampoo, bath soap/body wash, razors, deodorant, dish soap, laundry detergent pods, baby diapers (sizes 3 and up), adult diapers or Depends (Lg/XL), baby wipes

\*\* We appreciate new or gently used plastic and paper grocery bags to repurpose \*\*

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