

Good News Clinics Blessing Box Wish List

Food Non-perishables:

Cheerios/whole grain cereals
Fruit cups in water – with pop lid
Peanut butter
Seasonings (onion powder, garlic powder, Ms. Dash, pepper, low sodium taco seasoning)
Canned chicken or tuna in water – with pop lids
Rice (unseasoned)
Dry beans
Low sodium pasta sauce and noodles
Granola bars/protein bars (soft and hard)
Unsalted nuts
Soup (low sodium) – with pop lid
Shelf based low fat milk or non-dairy products
Unsalted crackers
Unsalted/unseasoned canned vegetables – with pop lids or in plastic cups

Personal & Other Items:

Shampoo & Conditioners
Soap (bar and liquid)
Hand Sanitizers
Deodorant
Toothpaste/Toothbrushes
Lotions
Band-Aids
Antibacterial Ointment
Anti-Itch Cream
Sunscreen
Bug Spray
Books (all ages)
School Supplies
Hats/Gloves (seasonal items)