

# SHOCKER SUPPORT LOCKER

## Wish List

### FRUITS

- Applesauce (*individual cups / pouches*)
- Canned fruit (*pull-top or fruit cups*)
- Dried fruit (*individual packs*)
- Fruit leather
- Fruit juice boxes

### VEGETABLES

- Canned potatoes
- Instant mashed potatoes
- Canned tomato products
- Vegetable soup
- Vegetable juice
- Spaghetti sauce
- Tomato sauce
- Dried lentils

### GRAINS

- Dry pasta
- Pasta meal mixes
- Mac and cheese (*box mixes and individual cups*)
- Pancake mix
- Muffin mixes
- Granola bars / breakfast bars
- Protein bars
- Popcorn
- Rice and rice mixes
- Shredded wheat
- Instant oatmeal
- Crackers (*individual packages*)
- Cereal

### DAIRY

- Instant breakfast drinks
- Shelf-stable milk boxes
- Powdered milk
- Non-dairy milk boxes (*coconut, soy, etc.*)

### PROTEIN

- Peanut butter or other nut butters
- Jerkies
- Canned meats (*chicken, tuna, salmon*)
- Canned beans (*pull-top can*)
- Canned sausage / meat products
- Canned chili
- Canned stews
- Canned soups
- Canned pasta
- Dried beans
- Nuts

### HYGIENE PRODUCTS

- Shampoo / conditioner
- Soap / body wash
- Face wash
- Hand soap
- Toothpaste
- Toothbrushes
- Dental floss
- Deodorant (*women & men's*)
- Razors
- Shaving cream
- Tampons, pads, menstrual cups
- Tissues
- Toilet paper
- Combs / hair brushes
- Make up / moist wipes
- Hand sanitizer
- Band-aids
- Basic medication (*Ibuprofen, Tylenol, Tylenol, Midol, Excedrin, Imodium, etc.*)
- Eyeglass cleaner / contact solution
- Oral thermometers
- Condoms

### BABY PRODUCTS

- Diapers of all sizes
- Baby food (*vegetable and fruit*)
- Pouches of squeezable baby food
- Baby wipes
- Burp cloths
- Baby clothes
- Picture books
- Shampoo / baby wash
- Baby lotion
- Diaper cream
- Baby formula
- Baby bottles / sippy cups
- Pacifiers

### OTHER FOOD

- Jam / jelly
- Honey
- Alfredo sauce
- Salad dressing
- Cooking oil
- Condiments
- Popcorn
- Individually packaged corn chips
- Bottled water
- Powerade / Gatorade (*bottles and dry mix*)

### NON-FOOD ITEMS

- Phone chargers
- Batteries
- Gas Station gift cards
- Dillons / Walmart gift cards

### REMINDERS

- Choose pop / pull-top cans whenever possible
- Check the expiration date
- Consider students of color when donating hair care supplies

### THINGS TO AVOID

- Canned green beans / corn
- High-sugar foods
- Foods past the expiration date