

Donation needs for the Empowerment Center LSC-Cy Fair *Food for Thought Food Pantry & Supply Closet*

(Most urgent needs: Tuna pouches, PB crackers, Cheese crackers, Seasoning packets/Gravy packets, Floss

(Yellow indicates current needs.)

Food:

Canned meats (chicken, vienna sausages, beef, Spam, ham, corned beef),
tuna(pouches and cans)
Canned tomato sauce, diced tomatoes, Rotel canned tomatoes with green chilies
Snack sized boxes of chicken or tuna **with** crackers
Shelf stable milk in individual servings, instant dry milk in individual packages (**no refrigeration required**). Bottled water, juice (plastic bottles or pouches)
Ramen noodle packs, Cup o'Noodle
Dry cereal - regular size boxes, small size cereals, Pop Tarts
Microwavable meals like Hormel Compleats (**no refrigeration required**)
Microwavable popcorn
Individually wrapped breakfast bars, granola bars, protein bars,
Peanut butter, Jelly (**NO GLASS** please), honey
Rice and rice mixes
Pasta, Spaghetti sauce (**NO GLASS** please)
Canned oranges, pineapples/peaches/pears
Canned beans (black beans, Refried beans, pinto, etc.) Ranch Style Beans, Dry Beans
Ravioli products, canned and **individual, microwavable cups**
Mac & Cheese boxes, small microwavable individual Mac & Cheese cups
Instant mashed potatoes, stuffing, canned yams
Trail mix (canned, or individual pouches), Jerky
Crackers like Saltines and Ritz, peanut butter crackers, captain's crackers, graham
crackers, cheese crackers, and other snack size packs of crackers and chips
Condiments – Ranch, ketchup, mustard, mayonnaise (**NOT** packets from restaurants)
Spices & seasonings (in plastic containers or packets)
Beef broth, chicken broth, gravy packets
Canned carrots, spinach, peas, corn, mixed veg (WE HAVE PLENTY OF GREEN BEANS)
Olive oil, vegetable oil, or canola oil (in plastic containers)
Hearty Soups/Stews and Chowders/Chili
Cream of mushroom, Cream of chicken soups, cheddar (or nacho) cheese soup
Parmesan cheese (small, shelf-stable-until-opened containers)
Pancake mix, biscuit mix, or muffin mixes (**add-water-or-milk-only mixes**, please)
Thank you, but we are UNABLE TO ACCEPT: baby food, baked goods (bread, cookies),
dented cans or crushed boxes, fresh food, frozen or refrigerated food, glass items, any used
or opened containers, expired items or food items without expiration dates, large commercial
bags of items (rice, grains), non-professional clothing

Toiletries (new):

Feminine products
Men's Deodorant, Women's Deodorant
Toothpaste/toothbrushes/lip balm
Body Wash, Full size bar soap
Lotion, Disposable razors
Toilet paper (individually wrapped rolls or small
packages of 4 rolls)
Band-aids, bandages, hand sanitizer
Laundry Detergent pods (small containers of
liquid detergent, or container of pods to be
divided)
Full size shampoo and conditioner(not trial size)
Dish soap

Paper goods (new):

Ziplocks/cling wrap/wax paper/foil
Box of plastic forks/spoons
Paper plates/paper bowls (not styrofoam)
Napkins (in wrapped packages)
Paper towels (individually wrapped rolls)

School supplies (all new):

Small pencil sharpeners
Flash drives
Earbuds
3-ring binders
Highlighters, index cards, colored pencils
Backpacks
Notebooks (composition, spirals, pocket folders)
Notebook paper, printer paper

Other:

Can openers (not electric)

For Career Closet

Men's ties, clean suits, mens and ladies dress
shoes, women's professional clothing, clean
coats, jackets, lint roller brush refills

