



**SWOPE HEALTH  
SERVICES<sup>SM</sup>**

**SHS OUTREACH PANTRY AND CLOTHING WISH LIST**

**FOOD ITEMS**

- Canned goods that can be opened without a can opener. Examples include:
  - canned pastas such as spaghetti & meatballs, Spaghetti-Os or ravioli
  - canned meats such as Vienna sausages
  - soups
- Cup-o-Noodles
- Tuna or chicken pouches, with crackers
- Sandwich Crackers (those with cheese, peanut butter filling)
- Snack pack items: fruit snacks, cookies, crackers, applesauce, fruit cups and other individually packaged items usually suited for kids' lunch boxes.

**TOILETRIES**

- Bath soap\*
- Shampoo and/or conditioner\* (all-in-one is fine)
- Skin lotion\*
- Sunscreen\*
- Toothbrushes (adult and children's sizes)
- Toothpaste\*
- Deodorant
- Hair combs
- Women's sanitary products (napkins, tampons)  
*\*Travel-size preferred.*

**CLOTHING (New products only, please.)**

- Socks for men, women and children
- Men's underwear and t-shirts (all sizes)
- Women's underwear and t-shirts (all sizes)

**MISCELLANEOUS**

- Washcloths (*new*)
- Laundry detergent pods
- Baby wipes
- Travel-sized rolls of toilet paper