



January Monthly Needs List

This list will be updated every month, please understand that you may see the same items repeated monthly because we use these items on a daily basis.

20 Gallon Navy Blue Bins
Sheets Sets (Twin and Queen size)
Coffee
Snack Foods (granola bars, fruit snacks, fruits)
Breakfast meats (Bacon, Turkey Bacon, Sausage)
Meat Products (Ground Beef, Chicken)
Canned Goods (fruits and veggies)
Spaghetti sauce/Alfredo Sauce
Fresh Fruits
Toilet paper
Air Freshener
33 Gallon garbage bags
Laundry detergent/Laundry baskets
Bleach
Bathroom cleaner
All purpose Cleaner
Disinfectant spray/wipes
Paper towels
Napkins
Bulletin Board Paper
Computer Paper (not inkjet)
Sippy cups
Hair ties and Barrettes
Chapstick
Nail Clippers
Hair Products (Mousse, hair spray, gel)
Cheese/Shredded Cheese all flavors
Over the Counter Medicine (Tylenol, Ibuprofen, Tums, Pepto, Dayquil, Nyquil)
Band-aids

***We go through quite a bit of meat here at the Freedom House but even just donating a pound or two pounds, would be greatly appreciated. No amount is too small.**

***Items that bolded on our list are things we are in need of the most during this time.**