

We Can Do This

Food & Personal Care Pantry

Items Needed 2022

Food

Breakfast items

Cereal (any)
Complete pancake mix
Syrup

Canned Vegetables

Corn
Green Beans

Fruit

Canned peaches, pears, mixed fruit
Individual fruit cups
Applesauce cups

Meals in a Can | Microwave Single Servings

Individual macaroni & cheese bowls
Canned SpaghettiOs and Chef Boyardee
Soup – chicken noodle and vegetable beef
Pork & beans or baked beans
Chili

Ramen Noodles

Chicken flavor
Beef flavor

Canned Meat & Pasta Helper

Tuna
Tuna Helper
Chicken
Chicken Helper

Sandwich Makings

Peanut Butter
Jelly – grape or strawberry

Easy Spaghetti Dinners

Spaghetti (dry noodles)
Spaghetti sauce (marinara or alfredo)
Macaroni & cheese boxes

Snacks

Individual cracker packs
Fruit snacks
Individual cookie packs
Granola bars

Condiments

Ketchup
Mustard (smaller sizes are better)
Ranch dressing
Mild salsa
Barbeque sauce

Kitchen Utensils

Can openers

Personal Care

Soap & Deodorant

Moisturizing bar soap OR body wash
Men's all-in-one body wash and shampoo
Body lotion
Deodorant for men and women

Dental Care

Toothbrushes & toothpaste
Dental floss

Hair Care

We have a high need for black hair care products. If you want to donate them, contact [We Can Do This](#) to see if a discount is available.

Shampoo
Conditioner

Drop off your donation at the F Street Community Center, 1225 F Street, Lincoln, NE 68508.
Questions? Contact **We Can Do This** at Wecandothis1224@gmail.com or 402-570-4992.