### MOST NEEDED ITEMS:
- pancake mix and syrup
- cereal (any kind)
- instant oatmeal
- chicken noodle/tomato soup
- cream of mushroom/chicken soup
- beef stew
- hamburger/tuna helper
- instant potatoes
- egg noodles
- elbow macaroni
- lasagna noodles
- spaghetti
- mixed vegetables
- canned spinach/peas/carrots
- diced tomatoes
- pineapple chunks
- mandarin oranges
- mixed fruit

### NON-FOOD ITEMS
- shampoo
- conditioner
- toilet paper
- kleenex
- dish soap
- laundry soap
- paper towels
- kitchen sponges
- diapers
- pull-ups
- wipes

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