

# **Top 10 Most Needed Items for FISH of McHenry Food Pantry**

**To eliminate breakage, plastic or canned items are requested.**  
**PLEASE CHECK ALL EXPIRATION DATES BEFORE DONATING FOOD!**

- 1. Canned Meats or Tuna**  
*(Chicken, Ham, Hash, Spam, Tuna)*
- 2. Canned Meals or Boxed Meals;**  
*(Stew, Pasta with or w/o Meat, Chili, Hamburger Helper)*
- 3. Canned Soups**
- 4. Canned Tomatoes & Tomato Sauces**
- 5. Canned Vegetables**  
*(Green Beans, Peas, Corn, Potatoes, Mixed Veg., Mushrooms)*
- 6. Peanut Butter & Jelly**
- 7. Dried or Canned Beans**  
*(Black, Chili, Kidney, Pinto, White, Refried, Pork & Beans)*
- 8. Dry Cereal & Oatmeal**
- 9. Dried Pasta & Rice**
- 10. Toilet Paper/Personal Hygiene/Household  
Cleaning & Paper Products**

## **Non-Food Items also offered to Clients:**

- 1. Bath Soap (Bars) & Deodorant**
- 2. Shampoo**
- 3. Toothbrushes & Toothpaste**
- 4. Dish & Laundry Detergent**
- 5. Baby Food, Baby Dry Cereal & Formula**
- 6. Baby Diapers & Wipes**
- 7. Feminine Hygiene Products**
- 8. Depends or Adult Diapers & Pads**