



Food Pantry and Supplies Wish List (yellow)

HEALTH AND HYGIENE ITEMS especially helpful to farmworkers:

- First aid items: band aids, individually wrapped cleansers, antiseptic wipes, Benadryl ointment, tums, Alka seltzer, shampoo, conditioner, etc.
- Razors, deodorant for men, socks, and gloves for agricultural work.
- Rubbing alcohol and hydrogen peroxide
- Toothpaste and toothbrushes, dental floss
- Sunscreen, Tylenol, Advil, cold and flu medicine, allergy medicine
- Cough/throat drops, Chapstick
- Eye drops, talc, Q-tips, toilet paper
- Nail clippers, Zyrtec, razors, baby powder, body lotion, coconut oil
- Icy-hot type patches, Tiger Balm, and other items for muscle pain relief
- Towels, twin-size sheets
- Long sleeve t-shirts, sunglasses, cooling clothes, caps for sun protection

NON-PERISHABLE FOOD AND OTHER ITEMS

- Dried beans: pinto is the most popular, and some like black beans.
- rice (long grain, white)
- Canned vegetables: whole corn is the most popular. green chilies.
- Masa Harina corn flour: Maseca brand or other, for making tortillas, tamales, etc.
- oil for cooking: vegetable, canola, olive oil, etc.
- Granola bars
- Tuna
- Oatmeal (plain old-fashioned oatmeal is preferred by some),
- Cereal: Corn Flakes, Frosted flakes, raisin bran, etc.
- Pancake mix and syrup
- instant coffee, coffee creamer, sugar.
- Mayonnaise, cup ramen noodles (not individually wrapped)
- evaporated milk (canned), sweetened condensed milk.
- Specialty items from the Hispanic Foods section of the grocery store or a Mexican market, such as nopalitos (sliced, prepared cactus) in jars, hominy for making posole, menudo soup, dried red chiles, pickled jalapeños, etc.
- Diapers (all sizes) and baby wipes.
- Water bottles
- Salt, Black pepper, Clove, Cumin, Oregano
- Knorr (Chicken Flavor Bouillon cubes)
- Tortillas – corn & flour

Questions? Please call (970) 464-5226 or email infor@laplazapalisade.org

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