

# CougarMart Donation Wish List

## Meat and Protein

- Deli Meat
- Eggs
- Chicken
- Ground Beef
- Ground Turkey
- Pork
- Sausage
- Fish and Seafood
- Canned Fish
- Canned Chicken
- Tofu
- Vegan Alternatives

## Dry Goods

- Cereal
- Pancake Mix
- Dry Beans
- Oatmeal
- Pasta
- Gluten Free Pasta
- Macaroni and Cheese
- Rice

## Pantry Items

- Stock or Broth
- Pasta Sauce
- Cooking Oil
- Flour
- Corn Flour

## Dairy

- Milk
- Dairy Free Milk Alternatives
- Cheese
- Butter
- Yogurt
- Cream Cheese

## Produce

- Apples
- Bananas
- Potatoes
- Sweet Potatoes
- Frozen Berries
- Frozen Vegetables

## Bread and Bakery Items

- Bread
- Bagels
- Tortillas
- Gluten Free Bread

## Quick Meals

- Hamburger Helper
- Pasta Sides/Rice Sides
- Frozen Meals
- Ready-Made Meals
- Nutrition/Protein Shakes

## Condiments and Spices

- Peanut Butter
- Jelly
- Syrup
- Spices and Seasonings

## Baby and Family Care Items

- Baby Food
- Baby Formula
- Baby Laundry Detergent
- Diapers
- Pull Ups
- Wipes

## Personal Care Items

- Dental Care Items
- Soap
- Shampoo and Conditioner
- Deodorant
- Menstrual Care Items
- Laundry Detergent
- Cleaning Products
- Dish Soap