

May 1, 2022

**Metro Catholic Outreach,
We are in need of the following:**

Stew, Chili, Soup,
Tuna, Canned Meat,
Canned Pasta, (Raviolios, etc.)
Mac & Cheese
Peanut Butter,
Rice, Potatoes (flakes or fresh)
Pancake Mix, Syrup

Canned Fruit
Muffin Mix
Spaghetti Sauce
Pork and Beans

Shampoo, Conditioner, Body Wash, Soap, Lotion
Toothpaste, toothbrushes
Toilet Paper
Household Paper Products
Laundry detergent PODS
Household cleaning supplies

Brown paper grocery bags, Plastic grocery sacks, Newspaper sleeves
Carts or luggage w/wheels (thanks!)
String bags/backpacks
Tents (in useable condition)
Sleeping bags, Ponchos, Umbrellas

Easy open single-serve items
Homeless, School & Senior Meal Bags:
Protein/meals- meat sticks, Microwaveable meal cups, Soup/Stew/Chili
Nutritional shakes (Ensure, etc.), Snacks
Yogurt cups

Note: Items in Red = Lower Supply Items

**From MCO: This week, your support provided Baskets for over 470
people in 140 families, in addition to 60 homeless bags, - thanks!**