



Monroe Harding

NEEDS LIST

Updated January 2021

Help us meet the needs of the children, teens, young people and families in our care.

FOOD ITEMS – non-perishables

- **Breakfast items:** (bars, oatmeal, pancake mix, lg. and sm. cereal boxes and Pop Tarts)
- **Drinks:** individual servings (8oz and 12oz) of fruit juice and bottled spring water
- **Fruit:** canned, cups or pouches
- **Meats:** canned tuna, chicken and sausages
- **Ready-made microwaveable meals:** like Barilla, Campbell's Dinty Moore and Hormel
- **Seasonings and condiments:** olive oil, salt, pepper, sugar, stock cubes, herbs & spices
- **Snack Foods:** individually wrapped chips, granola bars, popcorn, crackers, pretzels, trail mix

GIFT CARDS – all denominations

- **Bus passes:** 7-Day, 31-Day or 20-Ride Local
<https://m.nashvillemta.org/Nashville-MTA-MOBILE-Purchase-Tickets.asp?mode=fare>
- **Grocery stores:** Dollar General, Kroger, Target, Walmart
- **Gas Stations:** Citgo, Gulf, Exxon, Shell, Mapco
- **Restaurants:** Burger King, Chipotle, Dairy Queen, Domino's, Panera, Sonic, Starbucks, Subway

PERSONAL CARE – women & men, all hair and skin types

- Deodorant
- Detergent
- Disinfecting cleaners & wipes
- Feminine products
- Hair shampoo
- Hair conditioner
- Hand sanitizer
- Lip balm
- Mouthwash
- Moisturizer – hand and body
- Shaving cream and razors
- Soap – dish, hand and body
- Sponges – body, dish and household
- Thermometers
- Toothbrush holders
- Underwear – all sizes

YOUTH ITEMS

- Basketball goals, permanent
- Blank journals
- Game & puzzle books
- Headphones
- Men's bifold wallet
- Women's pocket wallet/purse/ keychains

The AmazonSmile Foundation will donate 0.5% of eligible purchases.
Register at smile.amazon.com

Please visit our Monroe Harding Needs Lists on Amazon.com

- Monroe Harding Wholehearted Healing Needs List - <https://a.co/6PJtuD3>
- Monroe Harding Supportive Housing Needs List - <https://a.co/fo2Q6iB>
- Monroe Harding Children, Teens & Young People Needs List - <https://a.co/bAXWzD4>

Email donate@monroeharding.org for more information.