

**NEEDS LIST**

*Updated March 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 bottled spring water and fruit juice.
* **Fruit:** individual servings 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, or Walmart.

# Gas Stations: Citgo, Gulf, Exxon, Shell, or Mapco.

* **Restaurants:** Burger King, Chipotle, Dairy Queen, Domino’s, Panera, Sonic, Starbucks, Subway.

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

* Deodorant
* Detergent
* 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
* Household cleaning supplies
* Microwaves – small/medium
* Towel sets – 3piece
* XL twin bed sheet sets and comforter

# Please visit our Monroe Harding Needs Lists on Amazon.com

The **AmazonSmile Foundation** will donate 0.5% of eligible purchases.

Register at **smile.amazon.com**

* [Monroe Harding Supportive Housing Needs List](https://monroeharding.sharepoint.com/sites/CompanyFiles/Shared%20Documents/General/Development/Donor%20Relations/Donations/Needs%20List/2021/Monroe%20Harding%20Supportive%20Housing%20Needs%20List) - <https://a.co/fo2Q6iB>
* [Monroe Harding Children, Teens & Young People Needs List](https://monroeharding.sharepoint.com/sites/CompanyFiles/Shared%20Documents/General/Development/Donor%20Relations/Donations/Needs%20List/2021/Monroe%20Harding%20Children%2C%20Teens%20%26%20Young%20People%20Needs%20List)- <https://a.co/bAXWzD4>

Email **donate@monroeharding.org** for more information.