



# Monroe Harding

## NEEDS LIST

*Updated October 2023*

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.

### EXPERIENCES AND 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

- 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](mailto:donate@monroeharding.org) for more information.