



Canned Food

Canned Meats (Chicken, Solid white tuna)
Dry or Canned Beans
Cereal and Oatmeal
Rice (white and whole grain)
Peanut Butter
Non-peanut nut spreads
Canned Fruit
Canned Vegetables
Powdered Milk
Pasta (white and whole grain)
Instant Coffee
Tea
Sugar
Flour
Cooking Oil (preferably olive oil)

Household Items

Laundry detergent (liquid or powder)
Dish Soap
Toilet Paper/Paper Towels

Toiletries & Baby

shampoo
conditioner
body wash
soap
hand soap
toothpaste
toothbrush
Hand sanitizer
female deodorant
male deodorant
shaving cream/foam
razors
feminine hygiene products - tampons and sanitary pads
Baby wipes
Diapers, any size

Canned Food/Toiletries Drop-off: Project SOUP, 165 Broadway, Somerville, MA, 02145
Open Hours: Tue 12-4 | Wed 10-3 | Thu 2-7 | Fri 10-3 | Sat 9-12

Outreach Supplies Drop-off: SHC's Main office at 1 Davis Square, Somerville, MA, 02144
Open Hours: Mon-Fri 9-5 | Closed 1-2 for lunch