



Food Pantry Needs

Food & Perishables

Cooking oil (any type)*
Instant* or ground coffee
Tea bags*
Pasta (especially spaghetti)
Gallons of juice and juice boxes
Chips
Crackers*
Salad dressing*
Condiments (mayo, mustard, ketchup)*
Jams, jellies, and honey*
Fruit cups and apple sauce
Candy or sweets
Canned meats (chicken, solid white tuna)
Shelf-stable soups and ramen*
Dry or canned beans
Cereal and oatmeal
Peanut butter and non-peanut spreads
Fresh fruit or vegetables
Bread

Baby Items

Wipes*
Diapers, size 1, 2, 3*, 4*, 5*, 6*
Pull-ups*
Formula
Purees and other baby food

Toiletries

Toothbrush*
Toothpaste*
Shampoo and conditioner*
Body wash or soap*
Pads* and tampons
Male/Female deodorants
Shaving razors and cream
Adult diapers, size S & L
Incontinence pads

Household Items

Laundry detergent (liquid or powder)*
Dish soap*
Dish sponges
Hand soap*
Toilet paper and paper towels (individual or jumbo packs)*
Tissues (travel packs or boxes)*
Can openers
Reusable, plastic, or paper grocery bags (with handles please!)*

Check out our Amazon Wish Lists! Scan Here:



* Means there is currently a high need

Donation Drop-off Location: Project SOUP, 165 Broadway, Somerville MA 02145

Drop-off Hours: Mon 9-3 | Tues 10-4 | Wed 9-4 | Thurs 11-7 | Fri 9-3 | Sat 8-11

Questions? Give us a call at (617) 776-7687