

**July 25, 2021**

**Metro Catholic Outreach,  
We are in need of the following:**

**Stew, Chili, Soup,**  
**Tuna and other Canned Meat,**  
**Potatoes (fresh, instant or flakes),**  
**Mac & Cheese,**  
**Pancake Mix, Syrup,**  
**Pasta Sauce, Canned Pasta,**  
**Peanut Butter, Jelly,**  
**Pot-Sized Spaghetti boxes,**  
**Cooking Basics: Oil, Flour, Sugar, Salt, etc.**

**Homeless Bag Items: (easy open single-serve items),**  
**Protein/meals, Snacks,**

**Shampoo, Conditioner, Body Wash, Soap,**  
**Dental Care Items - toothpaste tubes, toothbrushes, floss, etc.,**  
**Wipes, Lotion,**  
**Laundry detergent PODS,**  
**Household Paper Products,**  
**Household cleaning supplies,**  
**Gallon-sized plastic bags,**  
**Snack-sized baggies,**

**Five-Gallon Buckets (in good condition)**

**Note: Items in Red = Lower Supply Items**

**From MCO: This week, your support provided Baskets for over 194  
people in 56 families, in addition to 16 homeless bags, - thanks!**