



Charlotte CARE Center

Formerly The Homeless Coalition



WHAT WE NEED

NON-PERISHABLES

Cooking Oils

Peanut butter

Broths (low sodium
or no salt)

Breakfast cereal and
oatmeal (whole grain or
low sugar)

Spices

Applesauce or fruit cups
(no sugar added)

Canned tuna,
chicken & salmon

Shelf-stable low-fat milk

Beans
(canned or dried)

Granola bars

Pasta, rice & quinoa

Crackers

Canned vegetables
(low sodium or no salt)

Pretzels and other
snacks