



Year-Round Needs:

Soup Kitchen:

- Meat: chicken, ground beef/turkey, and canned tuna
- Gallon of milk
- Sugar
- Pasta noodles
- Marinara or spaghetti sauce
- Essential seasoning: garlic powder, onion powder, poultry, taco, and paprika
- Vegetables: fresh or canned - #10
- Fruit: fresh or canned - #10

***#10 cans are between 106-108 oz**

Shelter:

- Men's deodorant
- Soap bars
- Travel size lotion
- Shaving cream
- Winston-Salem Transit Authority Bus passes
- Rain ponchos

***We do not need men's conditioner, toothbrushes, toothpaste, or razors at the time.**

Immediate Needs:

Culinary Supplies:

- Lysol All Purpose spray
- Dishwashing gloves
- Cutting gloves
- Oven mitts
- Paper towels
- Silverware: Spoons + Forks
- Spice shakers

Soup Kitchen:

- Coffee 1.9 pounds
- Hot cocoa
- Essential seasonings
- Salt + Pepper

Shelter:

- Handwarmers
- Rain ponchos
- Body soap
- Men's underwear - L, XL, and 2X
- Men's T-shirts - L, XL, and 3X
- Socks

IMPORTANT THINGS TO KNOW:

Due to space and storage limitations, we DO NOT accept any clothing items. Please consider contacting the [Winston-Salem Recue Mission](#), a nearby [Goodwill donation center](#) or your charity of choice.

FOR HEALTH AND SAFETY REASONS, WE CANNOT ACCEPT DONATIONS OF:

- Expired food
- Farm fresh eggs
- Home canned good such as jellies, preserves, etc
- Prepared food with mayonnaise
- Unprocessed or home-processed wild game



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