

# FILL THE BAG

Example lists for how you can help with some basic needs for struggling families in our communities.

## HYGIENE & HOME CARE ITEMS

Deodorant

Toothpaste & Toothbrush

Shampoo & Body Wash

Feminine Hygiene

Diapers & Wipes

Laundry & Dish Detergent

Paper Products

Cleaning Products



## FOOD & COOKING ITEMS

Cereal & Oatmeal

Pancake mix & Syrup

Mac & Cheese

Pasta & Sauce

Rice & beans

Canned Fruit & Vegetables

Canned Meat & Soup

Oil & Cooking Products

[www.covechurch.org](http://www.covechurch.org)  
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