

FOOD & KIT CHECKLIST



Drop offs by appointment on **Fridays** from **9:30-11:30am @ National Hellenic Museum**

333 S Halsted St. - Chicago

Please email HOPE@chicagometropolis.org to schedule a time.

Non-Perishable Items

Carbohydrates

- Pasta
- Rice
- Lentils
- Instant Potatoes
- Graham Crackers
- Crackers
- Cereal
- Oatmeal

Canned Items

- Chicken • Salmon • Beans • Soup (low sodium)
- Tuna • Turkey • Corn • Chili
- Chicken/Beef/Vegetable Broth

Condiments

- Nuts
- Granola Bars
- Apple Sauce
- Pudding
- Dried Herbs/Spices
- Pasta Sauce
- Cooking Oils
- Powdered Milk
- Peanut Butter
- Fruit Jams

Reusable or paper bags are preferred!

Each Bag MUST Include

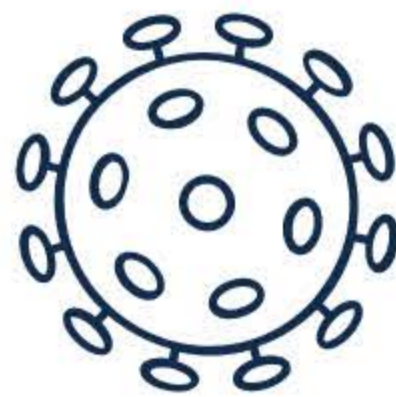
- Pasta/Rice/Potatoes - 2 lbs.
- Cereal/Oatmeal - 1 box
- Crackers - 1 box
- Canned Protein - 2 cans
- Broth - 32 oz.
- Canned Vegetables - 2 cans
- Peanut butter - 16 oz.
- Fruit Jam - 18 oz.
- Cooking Oil - 24 oz.
- Nuts/Granola Bars - 1 package
- Canned soup/chili - optional
- Powdered Milk - optional

Please drop off kits PRE-packaged in Ziploc bags



CARE Kits

- Toothbrush + Paste
- Sanitary Wipes
- Body Soap
- Deodorant
- Feminine Products
- Water
- Granola Bar



COVID Kits

- Toothbrush + Paste
- Mask + Latex Gloves
- Mini Hand Sanitizer
- Body Soap
- Deodorant
- Tissues
- Feminine Products



WINTER Kits

- Toothbrush + Paste
- Body Soap
- Deodorant
- Handwarmers
- Winter Gloves
- Socks
- Winter Hats