

**Clothing for Men (all sizes)**

- NEW Men's white t-shirts or undershirts
- NEW Men's Underwear
- NEW Heavy Winter Gloves
- NEW Men's Dress Socks

**Gently Used Clothing for Men (all sizes)**

- Jeans
- Casual Pants (all types)
- Men's Belts
- Sweatshirts for winter
- Long-Sleeved Shirts for winter
- Winter Coats
- Men's Long-John's--both shirts and pants
- Shoes – good tennis shoes & work shoes
- Heavy Duty Boots

**Hygiene Items**

- Lots & Lots of Toilet Paper!!
- Q-Tips
- Deodorant
- Black Hair Care Products
- Kleenex
- Paper Towels
- Shampoo
- Chapstick
- Fingernail and Toenail Clippers

**Medical Items**

- Cold Medication
- Antibiotic Ointment
- Ibuprofen
- Eye Drops
- Cough Drops (Regular and Sugar Free)

- First Aid Tape
- Anti-Fungal Ointment
- Foot Powder
- Band-aids

### **School Supplies (New Beginnings Students)**

- Adult Sized Backpacks
- Yellow Highlighters
- Three Prong Pocket Folders
- College rule spiral notebooks

### **Bedding (For Twin XL Beds & Bunk Beds)**

New items are preferred, as they must be laundered every day.

- Bed Pillows
- White Twin XL fitted sheets
- Twin XL sheet sets of any color

### **Baby Items**

- Disposable Diapers (all sizes)
- Diaper Wipes
- Canned Baby Formula (any brand-not expired)

### **Food Items**

- Fresh Fruits and Vegetables
- Canned Foods
- Tuna and Hamburger Helper
- Complete Dinner Mix
- Instant & Boxed Potatoes
- Boxed Mac & Cheese
- Pork & Beans
- Baked Beans
- Spaghetti Sauce
- Rice
- Cold Cereal

- Oatmeal
- Peanut Butter
- Jelly
- Sugar
- Flour
- Breakfast Drinks
- Coffee