

**October 10, 2021**

**Metro Catholic Outreach,  
We are in need of the following:**

**Stew, Chili, Soup,**  
Tuna and other Canned Meat,  
Potatoes (fresh, instant or flakes),  
Mac & Cheese,  
**Pancake Mix, Syrup,**  
Pasta Sauce, **Canned Pasta,**  
Peanut Butter, **Jelly,**

**Homeless Bag Items:** (easy open single-serve items),  
**Protein/meals, Snacks,**

**Shampoo, Conditioner, Body Wash, Soap,**  
**Dental Care Items - toothpaste tubes, toothbrushes, floss, etc.,**  
**Wipes, Lotion,**  
**Laundry detergent PODS,**  
**Household Paper Products,**  
**Household cleaning supplies,**

**String bags/backpacks – (homeless appreciate these)**

**Note: Items in Red = Lower Supply Items**

**From MCO: This week, your support provided Baskets for over 190  
people in 50 families, in addition to 9 homeless bags, - thanks!**