

# Mike's Club Little Free Grocery

These are the things we need most:

- Canned meats (tuna, chicken, Vienna sausage, SPAM, etc)
- Soups, stews, chili
- Canned fruits
- Canned veggies
- Instant oatmeal
- Ramen noodles
- Peanut butter
- Sandwich bread
- Powdered milk
- Kind bars or other nutrition bars
- Pasta (spaghetti, lasagna, Mac & Cheese, etc)
- Pasta sauces
- Anti-perspirant (male and female)
- Toothpaste
- Chapstick
- Sunscreen (small containers)
- Feminine products