Current Needs List

Our guests rely on nourish.NJ for many of their basic needs. Did you know food stamps can’t be used to buy personal care products? By buying and donating these items, you make life a little better for someone struggling to get through the week.

- Hearty cans of soup/chili/stew, preferably flip-top (this is easiest for our guests who are homeless)
- Low sugar cereal and oatmeal
- Individual packets of breakfast bars, nuts or trail mix
- Canned chicken and tuna
- Sturdy backpacks
- Sleeping bags

- L, XL, and 2XL Undershirts
- L, XL, and 2XL Boxers
- Laundry Soap and Laundry Cards ($10)
- Hand Sanitizer
- Flashlights
- Rain ponchos
- Shampoo, razors, deodorant, soap, toothbrushes, toothpaste

Please email Heidi at heidi@nourishnj.org to schedule a drop off for a Tuesday or Thursday morning. Thanks!