

ADOPTA PROGRAM

Connecting the Christian
Community with the
Needs of the Community



Adopta Shopping List

In order of urgency:

Bedroom:

Standard Bed Pillows

Sheet sets sizes Queen and Full

Blankets sizes Queen and Full

Pantry:

Canned Chili

Canned Beans

Peanut Butter

Jelly or Jam

Pasta Meal Mixes (Knorr or Lipton)

Rice Meal Mixes (Knorr or Lipton)

Mac n Cheese boxes

Macaroni, Ziti, or Penne (16 oz)

Pasta sauce

Canned tomatoes

Ramen Noodles (5 pack package preferred)

Meats Canned or Pouches (tuna, chicken, Vienna sausage, etc.)

Canned Vegetables (green beans, corn, peas preferred)

Crackers

Canned fruit

Mayo or Ranch Salad Dressing

Salt / Pepper shaker sets (filled – often in picnic/paper plates area)

Cookies

Bathroom:

Towel set (bath towels, hand towels, wash cloths)
Plunger
Hand Soap (pump preferred)
Bath Soap (bar preferred)
Shower Curtain Liner
Shower Curtain Rings
Shower Curtain Rod 72”
Trash Can
Toilet Paper (4-pack preferred, Walmart has some for 98 cents)

Cleaning Supplies (Dollar Tree is a great place to find these items):

Dish soap
Broom
Dustpan
Washable mop
Toilet cleaner
Toilet brush
All-purpose cleaner spray
Scour sponge
Trash bags
Bucket

Hygiene Products:

Deodorant (Men mostly, some for women and teens)
Bath soap (bar preferred)
Toothbrush (individually packaged, mostly adult size, some children)
Toothpaste (individually packaged preferred, mostly for adults, some children)
Razors (plastic disposable)
Shaving cream
Shampoo (2-in-1 is fine, full size)
Conditioner
Comb or brush (prefer narrow combs for men, some wider combs or brushes for women)
Emory Boards
Washcloths
Lotion
Q-Tips
Pads, tampons

Snack Packs:

Bottled water (individual bottles)
Chicken salad and crackers
Juice pouch (CapriSun, etc)
Granola bar – (Chewy, oatmeal raisin preferred)
Crackers and peanut butter / cheese
Nuts (individual packages)
Cookies (individual packages)
Fruit cup (applesauce, peaches, etc.)

Undergarments:

Underwear (Men's boxer briefs S, M, L or 28-34)
Undershirts (Men's S, M, L)
Socks (Men's above the ankle, black or gray)

For Pickup Information, Contact Tracelyn@4Tucson.com.

Shipping Address:

4Tucson, Inc
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Visit <https://4tucson.com/adopta-program-helping-those-who-need-a-boost/> for more information.

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