

# DONATIONS

**BRING IN BY JULY 1, 2024**

This year, we are collecting non-perishables for our food pantry, monetary donations, and specific over-the-counter medications to take to Guatemala this summer.

## OTC MEDS - NO GUMMIES | PANTRY ITEMS

- Vitamins (men's, women's, kids)
- Tylenol (acetaminophen): tablets, chewables, liquid
- Motrin (ibuprophen): tablets, chewables, liquids
- Aspirin
- Allergy medications for men, women, & kids: Benadryl (diphenhydramine), Zyrtec (cetirizine), Claritin (loratidine), Allegra (fexofenadine)
- Acid reflux medications: Pepcid (famotidine), Prevacid (lansoprazole), Prilosec (omeprazole), Nexium (esomeprazole), Tums (calcium carbonate)
- Cough & cold medications: DayQuil, NyQuil, Robitussin, Zarbees, Sudafed

- Pop Tarts
- granola/breakfast bars
- pancake mix (just add water)
- canned meat (chicken or tuna)
- side dishes such as mashed potatoes, rice, scalloped potatoes, flavored pasta, etc.
- cans of soup (chicken noodle, tomato, potato, vegetable, and cream of chicken/mushroom)
- Spaghetti-os, ravioli, beef-a-roni
- chicken or beef Ramen noodles
- fruit (mixed, peaches, oranges)
- canned vegetables (potatoes, green beans, peas, carrots)
- cake, cookie, brownie mixes
- icing/frosting
- Jello/pudding (cup or box)
- boxes microwave popcorn
- soap or body wash
- 4- or 6-pack toilet paper
- deodorant (men's & women's)
- razors (men's & women's)
- laundry detergent
- dish detergent
- shampoo & conditioner
- toothbrushes & toothpaste

## MONETARY DONATIONS

- Monetary donations help get our team and supplies to Guatemala this summer.
- Put cash/check in the jar
- If paying with check, put "mission" in the memo line.