



Suggested Items for In-Kind Giving

Many of our clients are in need of basic necessities. Your gift of non-perishable food items and personal care products are distributed to clients in need free of charge.

To donate, please contact Julie at JulieD@jcmh.org or 303-432-5644.

Food Items:

- Apple sauce
- Brown rice
- Canned beans
- Canned chili
- Canned chicken
- Canned fruit
- Canned stew
- Canned tuna in water
- Canned vegetables
- Dried fruit
- Dry beans
- Dry milk
- Dry pasta
- High fiber/low sugar cereal
- Low sodium soups
- Oatmeal
- Pasta sauce
- Peanut butter

Personal Care Items:

- Baby Wipes
- Band Aids
- Cortisone Cream
- Cotton Swabs
- Dental Floss
- Deodorant
- Feminine products
- Hand lotion
- Lip balm
- Mouthwash
- Nail Clippers
- Neosporin
- Razors
- Soap
- Shampoo
- Toothbrushes
- Toothpaste