

El Sauzal Needs List

10/22/21

FOOD

- Rice
- Beans
- Flour (Staples)
- Milk (tetra pack, box or powder)
- Canned Tuna
- Canned Meat
- Pancake Mix
- Mapple syrup
- Cooking oil
- Sugar
- Salt
- Chicken boullion (powder)
- Cereal
- Spaghetti Sauce
- Spaguetti pasta
- Pasta (elbow, rotini, noodles, etc.)
- Butter or Margarine
- Chocolate Powder (Nesquik etc.)
- Chocolate Abuelita or Ibarra (Hot chocolate)
- Jell-o different flavors
- Evaporated milk
- Condensed milk
- Yeast
- Peanut Butter
- Strawberry Jam (or any other flavor)
- Oatmeal
- Saltines or crackers
- Eggs
- Hot Dogs
- Ham or any sandwich meat
- Monterrey Jack Cheese
- Ground Beef
- Sliced Beef
- Chicken
- Fruits and Vegetables

SPICES:

- Ground black pepper
- Garlic Powder
- Dry Parsley
- Cinnamon Stick

- Cocoa Powder
- Dry sage
- Paprika
- Onion powder
- Bay leaves
- Cumin powder
- Thyme

CLEANNING SUPPLIES

- Lysol
- Disinfectant wipes (antiviral and antibacterial)
- Hand sanitizer (70% alcohol)
- Toilet Paper
- Bleach
- Laundry Detergent (Heavy duty)
- Dish Soap
- Liquid Hand soap
- Pinesol or Fabuloso
- Heavy Duty Trash Bags 33 Gal.
- 13 gal. Trash bags

PERSONAL HYGENE

- Skin Lotion (For dry skin)
- Hair Shampoo
- Hair conditioner
- Girl and Boy Deodorant (Suave, REXONA, etc.)
- Feminine Napkins (Kotex, Always, etc.)
- Toothbrushes
- Toothpaste
- Baby wipes
- Loofah

Special Needs:

- Medical Grade Face mask for adults and kids.
- Hand sanitizer (70% alcohol content)
- Vitamins
- Cough medicine
- Tylenol
- Advil
- NyQuil
- DayQuil
- Pepto-Bismol
- Allergy medicine (Benadryl, Allegra, etc.)
- Tums
- Antibiotic ointment
- Band-aids

-Cold packs

IMPORTANT:

-3 Forhead or Ear thermometers

-5 CPR Face Shield/mask

-5 EMT Trauma Shears

-Vinyl gloves

-5 First Aid Kits

-2 Nebulizer machines

-Katadyn's Micropur tablets or Potable Aqua's iodine tablets (For Emergency Backpacks)

-Katadyn or Sawyer water filters