

# CHARLESTON AREA SENIOR CENTER

## Canned/Non-Perishable Needs

The need never goes away so please give as often as you can. Our Lowcountry Seniors and Senior Allies appreciate your donations!

### Plant & Other Proteins

- Canned Fruits and Juices
- Dried Fruits: Raisins, Cranberries, Prunes, Bananas
- Fruit Jams and Jellies
- Tomato & Pasta Sauce of all kinds
- Salsas
- Canned Vegetables (Low or no sodium)
- Canned or Instant Potatoes
- Canned Soups & Stews
- Canned and Dried Beans & Peas
- Peanut Butter & Nuts (Almonds, Cashews, Peanuts)
- Seeds: Sunflower, Pumpkin, Sesame, Flax

### Whole Grains & Other Grains

- Oatmeal, Grits, Cream of Wheat
- Organic, Brown sugar, honey
- Nutritious Breakfast Cereals
- Dried Pastas
- Brown or White Rice
- Cornbread Mixes, Granola Bars, Crackers
- Pancake Mixes & Syrups
- Cake, Dessert mixes & Frostings, Jello & Puddings

### Kitchen & Laundry Supplies

- Dish Detergent
- Sponges
- Dish Towels
- Paper Towels
- Cleanser
- Laundry Detergent
- Dryer Sheets
- Paper Napkins
- Tupperware Containers

### Bath & Beauty Supplies

- Bar & Hand Soap
- Deodorant
- Toothpaste & Toothbrush & Mouthwash
- Hair Brush & Comb
- Shampoo & Hair Conditioner
- Facial Tissues
- Toilet Paper & Wipes
- Depends
- Razors, Socks, Winter Coats
- Wash, Hand & Bath Towels

Charleston Area Senior Center  
259 Meeting Street Charleston SC 29401  
843-722-4127  
[CharlestonAreaSeniors.com](http://CharlestonAreaSeniors.com)

