

GOVERNMENT SHUTDOWN INFORMATION & RESOURCES

Due to the current government shutdown resulting from a lapse in appropriations, many federal agencies and their employees are affected. While we are a Navy Working Capital Fund organization and exempt from the shutdown, we recognize that some of our teammates may have family or friends who are furloughed or are reporting to work without pay at other agencies and activities. Following are some available resources to help provide support to those affected during this challenging time.

RESOURCES

- **DoN Resources for Sailors, Marines & Civilians:** <https://www.navy.mil/Press-Office/News-Stories/display-news/Article/4319360/fy26-lapse-of-appropriations-department-of-the-navy-resources-for-sailors-marin/>
- **DoN of the Navy Civilian Employee Assistance Program (DONCEAP):** offers civilian personnel and their household members a variety of resources, tools, and services that are available 24/7. Call 844-366-2327 or go to <https://member.magellanhealthcare.com/>
- **Navy and Marine Corps Relief Society.** Provides interest-free loans for Sailors and Marines: <https://www.nmcrcs.org/>

BANK PROGRAMS

- **KITSAP CREDIT UNION:** <https://kitsapcu.org/membersupportloan/> Also see flyer
- **PENFED RELIEF ASSISTANCE:** <https://www.penfed.org/furlough>
- **SERVICE CREDIT UNION ASSISTANCE:** <https://servicecu.org/upgrade/>
- **NFCU SHUTDOWN ASSISTANCE:** <https://www.navyfederal.org/about/government-shutdown.html>
- **USAA SHUTDOWN PROGRAM:** <https://usaa.com/support/government-shutdown-program/>

FOOD ASSISTANCE

- **SOUTH KITSAP HELPLINE:** <https://skhelpline.org/>
- **BREMERTON FOODLINE:** <https://bremertonfoodline.org/> Also see flyer
- **FISHLINE FOODBANK:** <https://fishlinehelps.org/>
- **SODO COMMUNITY MARKET:** <https://www.northwestharvest.org/our-work/community-programs/sodo-community-market/>
- **CENTRAL KITSAP FOODBANK:** <https://ckfoodbank.org/>
- **TRIDENT INN GALLEY ON NBK BANGOR:**
<https://www.facebook.com/KitsapFFR/posts/pfbid02RMCPUKfA4CTj8Ay9gmjyC9gELX1YJXn4MHb6L8yHXBbyScduFSADmxcYtDomp7vMI>

UTILITIES ASSISTANCE

- **CASCADE NATURAL GAS CARES PROGRAM:** <https://www.cngc.com/customer-service/low-income-assistance-programs/cares-program/>
- **TACOMA PUBLIC UTILITIES BILLING ASSISTANCE:** <https://www.mytpu.org/payment-billing/payment-information/payment-assistance/>
- **SEATTLE LIGHTS BILL ASSISTANCE:** <https://seattle.gov/city-light/residential-services/billing-information/bill-assistance-programs>
- **PSE BILL ASSISTANCE:** <https://www.pse.com/en/account-and-billing/assistance-programs>

OTHER RESOURCES

- **FEDERAL EMPLOYEES CAN RIDE LOCAL TRANSIT FOR FREE DURING SHUTDOWN:** <https://www.ktheadways.com/blog/federal-employees-ride-free-during-gov-shutdown>
- **EMPLOYMENT SECURITY DEPARTMENT – WA STATE:** <https://esd.wa.gov/about-us/blog/2025/unemployment-benefits-federal-workers-during-partial-federal-government-shutdown>
- **KITSAP COMMUNITY RESOURCES:** <https://www.kcr.org/>
- **FEDERAL EMPLOYEE EDUCATION & ASSISTANCE FUND:** <https://feea.org/>
- **WASHINGTON 211:** <https://wa211.org/>
- **NON-WA RESOURCES:** <https://www.careeronestop.org/LocalHelp/UnemploymentBenefits/unemployment-benefits.aspx>
- **THRIFT SAVINGS PLAN (TSP):** <https://www.tsp.gov/news-and-resources/lapse-in-appropriations/>

STAY INFORMED – EMPLOYEE NOTIFICATIONS

In order to provide our employees with the most up-to-date information, the Public Affairs Office will communicate any change in operating and reporting to work status through various methods. Please refer to the following for information:

- **FACEBOOK:** Facebook.com/KeyportNUWC (**used once the shutdown is over**)
- **GROUPCAST:** asp.schoolmessenger.com/nuwcd/subscriber
- **KEYPORT STATUS LINE:** 360-396-2553
- **KEYCAST ALL HANDS (TEAMS):** Available on government issued smart phones
- **KEYPORT NEWS ONLINE:** https://flankspeed.sharepoint-mil.us/sites/NAVSEA_NUWC_KEYPORT/SitePages/KNO.aspx

QUESTIONS? CONTACT US: kypt_pao@navy.mil

The appearance of the hyperlinks that are external to Naval Undersea Warfare Center Division, Keyport and the Department of the Navy web sites do not constitute endorsement by NUWC Division, Keyport or the Department of the Navy of the associated web sites, or the information, products or services contained therein. For other than authorized activities such as military exchanges and Morale, Welfare and Recreation sites, the Department of the Navy does not exercise any editorial control over the information you may find at other than official Navy websites.

FOOD DRIVES

- **CENTRAL KITSAP FOOD BANK:** Accepting donations of non-perishable goods, baby supplies, and hygiene products. Check their [Facebook page](#) for specific needs. We accept food for donation at the back of our building 9-2, M-F, except federal holidays. To access the back of our building, as you drive into our parking lot, instead of turning right just drive straight down the alley. The building has a large garage door and a small door. If it is before 2 p.m., one of those doors will be open. You can leave **NON-PERISHABLE** food in our **AFTER-HOURS** bin.
- **SHARENET FOOD BANK:** Accepting donations at their location. If you would like to donate food, please call 360-297-2266 or email director@sharenetworkbank.org to coordinate details.
- **BREMERTON FOODLINE:** Accepting donations to support food security. Bring your donation directly to the Bremerton Food Line.
- **KITSAP COUNTY FOOD CO-OP:** KCFC is collecting food and hygiene products to support our neighbors in need.

QUESTIONS? CONTACT US: kypt_pao@navy.mil

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Exclusive Shopping Hours for **Military & Federal Workers**

Must present a valid military ID or a federal employee badge

- **Wednesdays**
- **4:00 PM – 6:00 PM**
- **Clients may visit once per week**

♥ **PROGRAM INTEGRITY & CONFIDENTIALITY**

To preserve privacy and dignity, the program will not be advertised publicly. Designed to support those in need without stigma or overwhelming demand

Our Programs

Visit or call us to explore additional programs

- **Our Market** - Operates as a self-select grocery store-style food bank, allowing families to visit weekly. We offer a wide range of products, including protein, dairy, produce, dry goods, hygiene items, and bakery products.
- **KidVantage** - Providing Essentials to Children Under 6 (Diapers/Wipes, Formula, Baby Food, Clothing, Car Seats, etc)
- **Cake 4 Kids** - Custom Birthday Cakes for Ages 1-24

BREMERTON FOODLINE

📍 **1600 12th Street, Bremerton**
info@bremertonfoodline.org

Questions or
to Pre-Register
☎ **(360) 728-2550**

Financial Relief When You Need it Most.

At Kitsap Credit Union, we understand the financial strain a government shutdown can bring. We're committed to supporting our members and community with flexible solutions during this difficult time.

Member Support Loan

If you're facing a loss of income, you may qualify for our Member Support Loan, which offers up to \$10,000 at a low interest rate, with no payments for the first 90 days*.

Available with a Peak Account. If you don't already have one, we'll help you open it during the loan application.

For additional details, visit kitsapcu.org/supportloan

Support for Current Members with Loans

If you are a member with a credit card, unsecured loan, or auto loan and need of loan payment support, you may qualify for one or both:

- Skip-a-Pay: A program that may allow you to delay your loan payment for one month.
- Payment Due Date Change: Flexibility to move your next payment out up to 15 days.

If you're in need of assistance or would like to discuss your specific options, visit kitsapcu.org/schedule or simply scan the QR code to schedule an appointment today.

Scan this QR code to learn more about Member Support Loans



Scan this QR code to schedule an appointment today.



Not a member?

Joining is easy! To apply for membership and open a Peak Account, you can:

- Visit one of our 14 local branches, including our conveniently located branches at PSNS or Navy Base Bangor.
- Apply online at kitsapcu.org/joinus or scan the QR code today. Or, visit one of our 14 branch locations.

Scan this QR code to join us today.



800.422.5852 • kitsapcu.org

*Member Support loan terms and offering are effective as of 10/01/2025 and are subject to change without notice. Loan subject to credit approval and is based on meeting eligibility requirements for Member Support Loan. Kitsap Credit Union membership will be required at time of loan funding. No payments required for the first 90 days; interest accrues during the deferment period.

Start your wellbeing journey today.

We are here to help you and your household members navigate the ups and downs of life. All of our support is free and completely confidential, so you can feel comfortable sharing your concerns with us anytime, day or night.

Visit us online

Get the most out of your program by reviewing the services in one place.



Scan the QR code and select your employer to access your benefits today.

Give us a call

We will listen and connect you with the right resource or professional for your needs.

Please call your toll-free number if you have any issues reading this information or if it is unclear. Magellan can also provide accommodations for members with issues communicating via these methods.

Lláme a nuestro número telefónico gratuito si tiene alguna inquietud al leer esta información o si algo no está claro. Magellan también puede proporcionar adaptaciones para miembros con problemas para comunicarse a través de estos métodos.

In California, services are delivered by Magellan subsidiaries: Magellan Health Services of California, Inc.—Employer Services and Human Affairs International of California.

Magellan
HEALTHCARE®

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B-81022rev1 (9/23)

We're here to help.

Visit us online

Check out the benefits guide to see all the services in one place.

- Find a counselor
- Schedule a coaching session
- Research wellbeing topics

Give us a call

Follow the voice prompts to be connected to the right resource.

- Work-Life benefits
- Financial/Legal/ID Theft services
- Speak to a live person who will listen and recommend services and next steps.

Free, confidential support for you and your household members 24/7/365.

Visit the member website and find resources to support your wellbeing.

- Emotional wellbeing
- Stress & balance
- Family & relationships
- Workplace support
- Grief & loss
- Daily life solutions

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- Daily life solutions

Detach and keep a card with your other important cards so it's easy to find. Give the other one to a household member for easy reference.

Your life's journey— made easier



Support for your life's journey

DON CEAP

No matter where you are on your journey, there are times when a little help can go a long way toward achieving your goals. From checking off daily tasks to working on more complex issues, your program offers you and your household members a variety of resources, tools and services to help make your life a little easier.

- Build your resiliency by attending a webinar
- Strengthen your mind-body connection through activities and education for overall wellbeing
- Accomplish a goal with the help of a coach

Key Features

- Includes up to 6 counseling sessions
- Provided at no cost to you and your household members
- Completely confidential service provided by a third party
- Available 24/7/365

Get Started

Explore services, find providers, learn more about emotional health and wellbeing topics, access mobile apps and more.

- Visit MagellanAscend.com
- Call 1-844-DON-CEAP (TTY 711)

Counseling

Access a nationwide network of licensed counselors for support with challenges such as stress, anxiety, grief, substance misuse, relationships, parenting and more. Counseling is confidential and available in-person, by text message, live chat, phone or video conference.

Lifestyle Coaching

Define and reach your goals with the support of a coach. Coaches can help with personal improvement, healthy eating, weight loss and more. Meet with a coach by phone or video for up to six individual, confidential sessions per year.

Online Programs

Self-guided programs can help improve your health and overall emotional well-being if you're struggling with depression, anxiety, insomnia, chronic pain, substance misuse or an obsessive compulsive disorder. The programs are easily accessible and proven effective.

Lifemart® Discount Center

Access hundreds of deals on nationally recognized brand-name products and services, all in one convenient location.

Financial Wellness, Legal Services and Identity Theft Resolution

Meet with experts that can help you take control of your finances, resolve legal issues such as estate planning and family law, restore credit; research specific topics and/or print your own state-specific legal forms.

Senior Care Management

Caregiving can be demanding physically, emotionally and financially. This service will help assess and recommend the right care for your household member. Services include in-home assessments, facility reviews, post-hospitalization assessments and ongoing care coordination.

Work-Life Services

Save time and money on life's most important needs. Specialists provide expert guidance and personalized referrals to service providers including childcare, adult care, education, home improvement, consumer information, emergency preparedness and more.



Detach and keep a card with your other important cards so it's easy to find. Give the other one to a household member for easy reference.

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Coping with change in the workplace

Change in the workplace can bring about exciting opportunities, but it can also trigger a range of emotional reactions. If not addressed, these emotions can significantly impact you and the organization. Learn about types of emotional reactions and explore strategies for handling change.

Common emotional reactions

Shock and denial—It can be challenging to comprehend or accept the reality of the change as a legitimate or necessary course of action.

Anxiety and fear—These emotions arise from concerns about job security, the impact of change on your role or the fear of the unknown. You may experience a sense of restlessness, difficulty concentrating or increased stress.

Resistance and anger—Resistance to change can stem from disruption of established routines or the perception that the change is poorly executed. Anger may arise from a perceived lack of communication, consultation or involvement in decision-making.

Sadness and grief—It's common to feel a deep sadness, longing or loss as you adjust to the new circumstances. It could be due to the loss of a familiar physical workspace or changes in team structure. The grieving process is individual and may vary in intensity and duration.

Excitement and anticipation—Excitement can stem from new possibilities, such as learning new skills, taking on new responsibilities or being part of innovative projects. Anticipation can create a sense of motivation and drive.

8 tips to handle change gracefully

1. Accept that change will happen and avoid assuming the worst, even if it isn't what you had planned.
2. Look at the bigger picture, ask yourself why change is occurring, and gain insight on how to cope with it.
3. Trust your instincts to help you comprehend what is happening without causing stress or concern.
4. Speak up if something feels wrong, if you think information is being withheld or if something unprofessional or unethical is occurring.
5. Work together as a team, whether that is a couple of people in your department or the whole company, to successfully implement any change in the workplace.
6. Treat people equally to avoid any feelings of resentment or more anxiety about the change.
7. Communicate with your manager to get help with navigating new job tasks or work routines and ensure you incorporate changes correctly.
8. Confide in family and friends as your safe space to vent and reduce your stress.

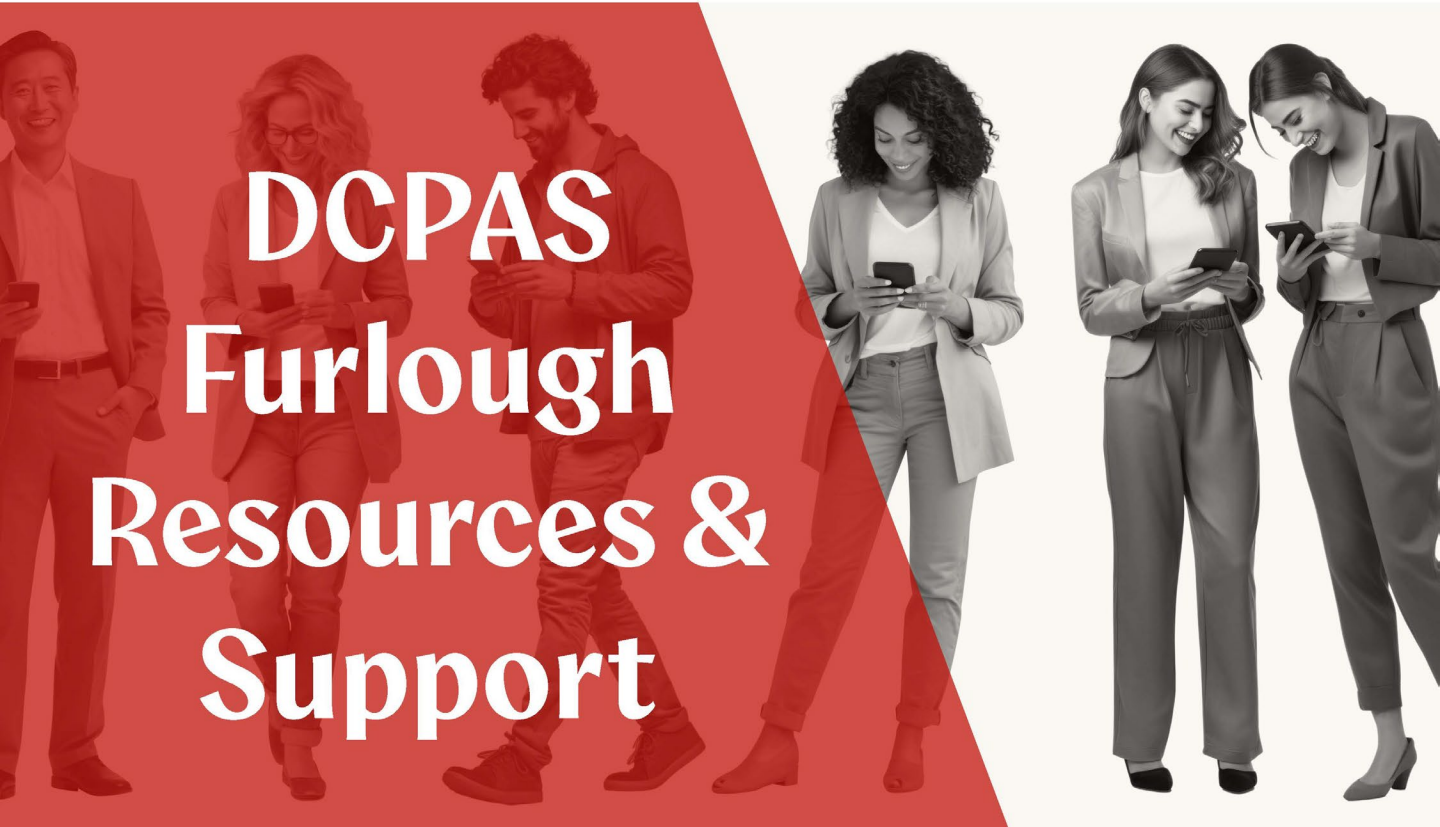
Are you a manager or supervisor? Consider these tips to help your team as they navigate change.

- | | | |
|---|---|--|
| <input checked="" type="checkbox"/> Listen and legitimize.
Provide safe opportunities for people to vent, one-on-one and in small groups. | <input checked="" type="checkbox"/> Create hope for the future.
Conversations about possibilities can inspire excitement, confidence and a sense of accomplishment. | <input checked="" type="checkbox"/> Understand diverse perspectives.
Empathizing with others helps us to understand different points of view and demonstrate caring. |
|---|---|--|
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For more information and helpful resources, scan the QR code to visit your DON CEAP member website, Member.MagellanHealthcare.com, or call 1-844-DON-CEAP (TTY 711).

The resources listed in this flyer were gathered from multiple public and private sources to support furloughed employees. Availability of services, offers, or assistance may vary and is subject to change. We encourage individuals to contact the listed organizations directly to confirm current eligibility, access, and details. The Defense Civilian Personnel Advisory Service (DOPAS) does not endorse or guarantee any specific service, nor is it responsible for expired offers or changes made by external providers.



DCPAS Furlough Resources & Support

◆ Federal Employee Education and Assistance Fund

This non-profit offers emergency hardship loans for federal employees facing a personal crisis and may activate a shutdown grant program for furloughed employees if a shutdown extends long enough for them to miss a paycheck. **Phone: 202-554-007**
<https://www.feea.org>

◆ National Credit Union Administration and Banks

Many financial institutions offer special assistance programs. These can include: zero-interest or low interest loans; payment deferrals on existing loans; no-penalty withdrawals from savings accounts; and waiving fees on checking accounts and credit cards. **Contact your serviced financial institution.**

◆ United Way 211

Call 211 or visit <http://www.unitedway.org/> to connect with local health and human services resources in your community, including food, housing, and utilities and other financial assistance.

◆ Unemployment Compensation for Federal Employees (UCFE)

Furloughed employees can apply for UCFE through their state workforce agency. While federal employees are typically guaranteed back pay after a shutdown, any unemployment benefits received during that period must be repaid. **Contact your local office.**

◆ Food Banks

A nationwide network of food banks provide free meals and groceries to furloughed employees. Find your local food bank. <https://www.feedingamerica.org>.

◆ Salvation Army

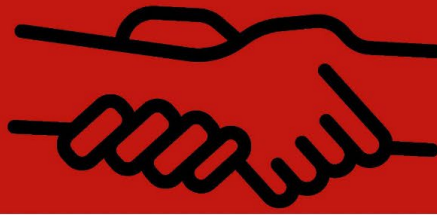
Services include emergency food assistance, help with rent and utility bills, and access to clothing and household essentials. Local chapters may also provide emotional and spiritual care, ensuring individuals and families. Visit <https://salvationarmyusa.org>.

◆ Local Religious Organizations

Churches, synagogues, mosques, and other faith-based groups often provide meals and aid. **Contact your local house of worship.**

◆ Local Utility Companies

Many offer deferred payment plans or hardship assistance —contact your provider directly to inform them of your situation and make arrangements. **Contact your local company.**



Furlough Resources and Support



National Housing Counseling Agencies

HUD-approved counselors can help with mortgage or rent issues. Find one at <https://www.hud.gov>.



Military OneSource

A free, confidential support service provided for active-duty, National Guard, and Reserve service members and their families. It offers 24/7 access to non-medical counseling, financial and legal resources, spouse education and career guidance, relocation assistance, and more. <https://www.militaryonesource.mil>



Low Income Home Energy Assistance Program

Helps with heating and cooling bills. Visit <https://www.benefits.gov> to apply.



National Foundation for Credit Counseling (NFCC)

NFCC is offering tailored financial support to furloughed federal employees. Services include free budget counseling, debt management plans, and guidance on prioritizing expenses during income disruptions. Visit <https://www.nfcc.org>.



Employee Assistance Programs (EAP)

Many federal agencies offer EAPs with free counseling and support services. <https://www.foh4you.com>



Consumer Financial for Credit Counseling

Provides tools for budgeting and managing debt during furloughs. Visit <https://www.consumerfinance.gov>.



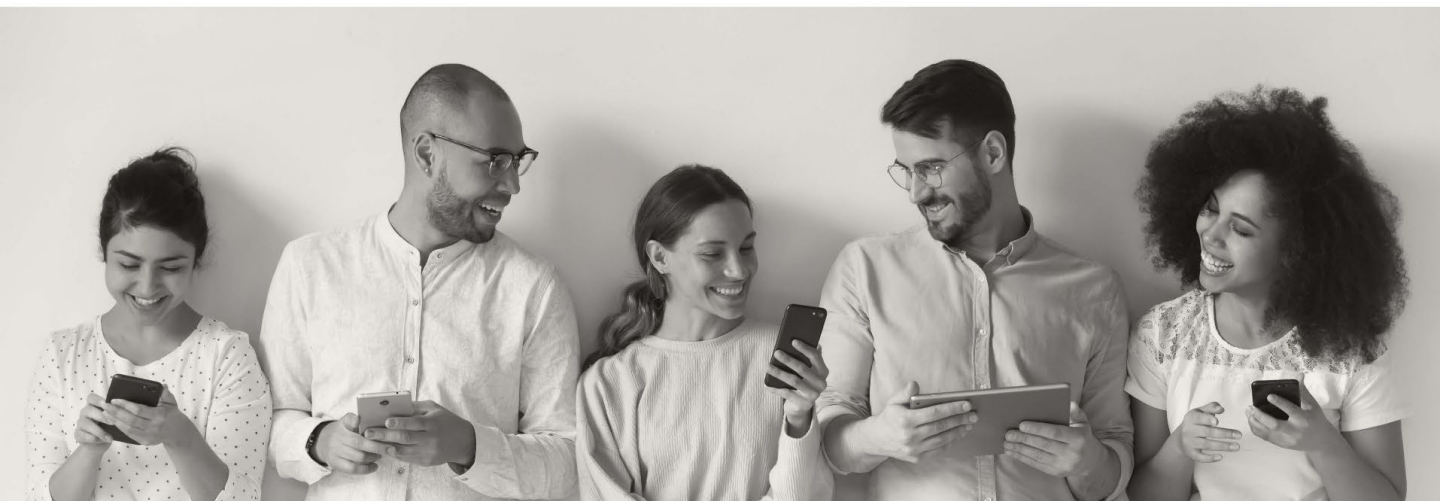
Member of Congress offices

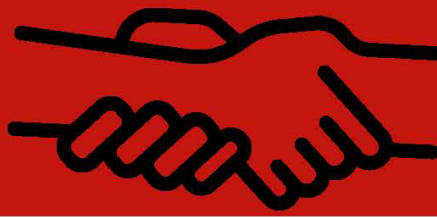
Many members of Congress have dedicated resources on their websites listing various forms of assistance, including links to financial institutions and community support services. <https://www.house.gov/representatives>
<https://www.senate.gov/senators/senators-contact.htm>



Local Government and Community Support

Many local governments and communities are actively offering resources and assistance to furloughed federal employees. Services include emergency financial assistance, food distribution, housing support, and flexible payment plans for utilities. **Contact your local municipality.**





Regional and State Furlough Resources and Support



DC Dept. of Employment Services (DOES)

Unemployment/UCFE, career services,
For furloughed federal employees residing/working in DC
<https://does.dc.gov>



Prince George's County, MD

Health, mental health, social support programs
Federal workers living in PG County, MD
<https://www.princegeorgescountymd.gov>



Fairfax County, VA - Coordinated Services Planning

Food, rent, utility, and social service connections
Residents of Fairfax County
Phone: 703-222-0880 | Website:
<https://www.fairfaxcounty.gov>



Maryland State - Team Maryland

State-level supports (fee waivers, utilities, etc.)
Federal workers living in Maryland
<https://governor.maryland.gov>



City of Alexandria, VA

Local relief, info, enforcement delays
Federal workers residing in Alexandria
<https://www.alexandriava.gov/FederalShutdown>



San Antonio Workforce Solutions / Re-employment Assistance for Federal Talent (RAFT)

Job training, reemployment services
Federal workers in San Antonio, TX
<https://www.sa.gov> | Phone: 210-224-4357



Endeavors (San Antonio nonprofit)

Housing, mental health, emergency assistance
Residents in San Antonio region
<https://endeavors.org>



California Rural Legal Assistance (CRLA)

Free legal aid (employment, housing, consumer law)
Low-income individuals in CA (including furloughed workers)
<https://www.crla.org>



Bank of America

Client Assistance Program, Personalized financial assistance
(case-by-case relief, fee waivers, forbearance) Available to Bank
of America customers affected by furlough; Phone:
844-219-0690 <https://www.bankofamerica.com>



Chase Bank

Hardship programs including loan modifications, payment
deferrals; Available to Chase customers; must call to apply
Phone: 888-356-0023
<https://www.chase.com>



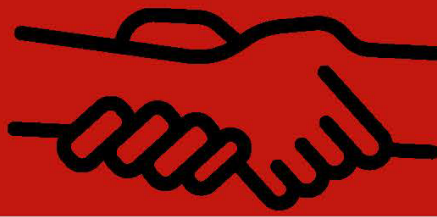
Congressional Federal Credit Union

Relief Line of Credit
Interest-free credit line for furloughed employees, usually 60
days; Must be a member of Congressional FCU
<https://www.congressionalfcu.org>



FedChoice Federal Credit Union

Hardship programs including loan modifications, payment
deferrals; Available to Chase customers; must call to apply
Phone: 888-356-0023
<https://www.chase.com>



Regional and State Furlough Resources and Support



Navy Federal Credit Union

Government Shutdown Loan Program
0% interest payroll advance loans for federal employees
Direct deposit with Navy Federal required
Phone: 1-888-842-6328 | <https://www.navyfederal.org>



U.S. Employees Credit Union

Shutdown Loan; Interest-free loans repaid within 60 days or when back pay is issued
Membership required
<https://www.usemployees.org>



Wells Fargo

Hardship Relief; Payment deferrals, fee waivers, forbearance, case-by-case relief; Available to Wells Fargo customers affected by shutdown;
Phone: 1-800-TO-WELLS; <https://www.wellsfargo.com>



PenFed Credit Union

Emergency Furlough Assistance; Government furlough loan, mortgage hardship help, skip-a-payment options
Must be a PenFed member
<https://www.penfed.org/furlough>



Union Plus

One-time grant (\$300), mortgage assistance programs
Union Plus credit card holders or mortgage holders in good standing; <https://www.unionplus.org>



AT&T

Hardship Support; Flexible payment arrangements, deferred billing for wireless/TV/internet
Available to AT&T customers with proof of impact
<https://www.att.com>



T-Mobile

Account Assistance; Payment deferral, flexible account support for furloughed employees
Available to T-Mobile customers with proof of impact
Call 611 (from T-Mobile device) or 877-746-0909



Verizon

Promise to Pay Program; Flexible billing and promise-to-pay arrangements; Available via My Verizon app or Customer Care; Phone: 866-266-1445; <https://www.verizon.com>



Discover Card

Customer Assistance; Payment skip, late fee reversals
Available to Discover card members affected by shutdown
<https://www.discover.com>



Ally Financial

Hardship Relief; Refunds of transaction fees, penalty waivers, payment extensions;
Available to Ally Bank customers with accounts/loans
<https://www.ally.com>



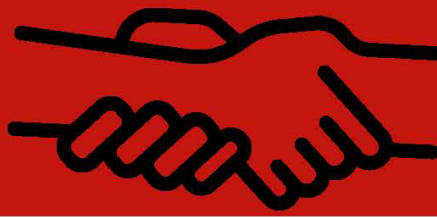
First Command Financial Services

Zero-interest payroll advances, penalty-free CD withdrawals, loan assistance; Available to First Command clients who are federal employees; <https://www.firstcommand.com>



Toyota Financial Services

Loan/lease extensions up to 2 months, flexible hardship programs; Available to Toyota Financial customers impacted by furlough; <https://www.toyotafinancial.com>



Regional and State Furlough Resources and Support



MetLife Auto & Home

One-time 30-day grace period on policy payments
Policyholders must call for eligibility
Phone: 800-GET-MET8 | <https://www.metlife.com>



The Hartford Insurance

Payment grace periods for affected policyholders
Available to Hartford customers with valid policy
Phone: 800-393-0864 | <https://www.thehartford.com>



VCA Animal Hospitals

Flexible payment plans for veterinary services
Available at 700+ VCA locations nationwide
<https://vcahospitals.com>



Legal Aid at Work (CA)

Employment law help, workplace rights
Workers in California facing employment challenges
<https://legalaidatwork.org>



Potomac Electric Power Company (Pepco)

Help manage energy bills through flexible payment options,
late payment charge waivers.
<https://thesource.pepcoholdings.com/expanded-support-available-during-federal-government-shutdown-3/>



United Services Automobile Association (USAA)

Members impacted by a government shutdown can count on
USAA and may be eligible to apply for a no-interest loan and
other payment relief options.
<https://www.usaa.com/support/government-shutdown-program/?akredirect=true>



T-Mobile

Account Assistance; Payment deferral, flexible account
support for furloughed employees
Available to T-Mobile customers with proof of impact
Call 611 (from T-Mobile device) or 877-746-0909



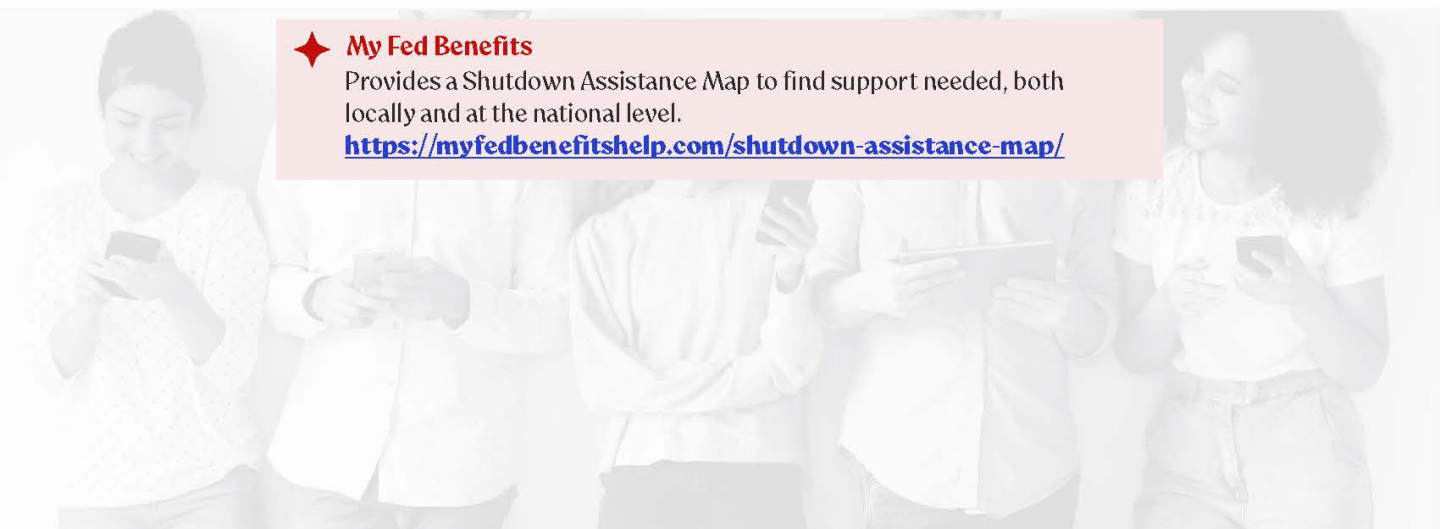
Verizon

Promise to Pay Program; Flexible billing and promise-to-pay
arrangements; Available via My Verizon app or Customer
Care; Phone: 866-266-1445: <https://www.verizon.com>



My Fed Benefits

Provides a Shutdown Assistance Map to find support needed, both
locally and at the national level.
<https://myfedbenefitshelp.com/shutdown-assistance-map/>





FOOD DRIVE

We're collecting **food and hygiene products** for local families in need.

Items do not have to be purchased from the Co-op — all donations are welcome!



Drop-off Location:

Kitsap Community Food Co-op
421 Park Ave., Bremerton, WA 98337

Store Hours:

Monday–Saturday: 9 a.m. – 7 p.m.
Sunday: 10 a.m. – 6 p.m.

Let's fill the shelves and spread kindness together!

NORTH KITSAP FISHLINE

Most Needed

Non-Perishable

- Pasta (spaghetti, elbow, rotini, etc.)
- Macaroni and cheese
- Hamburger Helper
- Canned Goods (fruit, soup, beans, tomato sauce, vegetables, chili – cans with pop tops preferred)
- Breakfast cereal
- Oatmeal
- Peanut butter
- Jam/jelly
- Condiments

Cooking/Baking

- Vegetable oil
- Sugar
- Brown sugar
- Flour
- Masa
- Spices

Baby Items

- Wipes
- Baby food
- Formula
- Diapers (sizes: newborn, 3,4,5,6)
- Kid friendly body wash/shampoo

Non-food Items

- Toothbrush/toothpaste
- Dental floss
- Shampoo, conditioner, soap, body wash
- Toilet paper
- Adult diapers
- Hygiene wipes
- Hygiene products (pads, tampons)
- Hairbrushes, combs

NPA Friendly Items

- Ready to heat soups (microwaveable)
- Granola bars
- Protein bars
- Protein drinks
- Jerky
- Drinks