



FOOD

- Spaghetti sauce
- Whole wheat spaghetti noodles
- Chocolate chips
- Apple sauce
- Coconut oil
- Avocado oil
- Olive oil
- Spices (cumin, chili powder, Italian seasoning, cinnamon, taco seasoning)
- Healthy snacks
- Trail mix
- Granola bars
- Crackers
- Dried fruit (prunes, cranberries and raisins)
- Black beans
- Honey
- Chia seeds
- Tomato paste
- Shredded/block cheese
- Parmesan cheese
- Canned tuna
- Canned chicken
- Other canned food

SCHOOL SUPPLIES

- Spanish books for children (paperback, hardback, and board books)
- White copy paper
- Motor skills activities
- Washable paint for crafts
- Play-Doh
- Rolls of white paper
- Spanish braille and pre-braille books and materials
- Shoebox containers with li

CLEANING SUPPLIES

- Dish soap
- Lysol spray
- Garbage bags (13 gallons)
- Clorox wipes
- Hand soap
- Bathroom cleaner
- Ziploc bags (all sizes) and freezer bags
- Cloth rags

TOILETRIES/FIRST AID

- Deodorant – for men and women
- Sun block for children
- Children's vitamins
- Hand sanitizer
- Nail clippers
- Scented lotions for women
- Disposable razors
- Shaving cream (for men and women)
- Body spray (for men and women)
- Hair accessories
- Children's shampoo
- Children's body wash
- Kirkland baby wipes
- Nail polish
- Body wash (for men and women)

TOYS/GAMES

- Toys/Prizes: Cars, Lego, action figures, puzzles (wood), blocks, Duplo, dolls/Barbies, cheap mp3 players, sunglasses, baseball caps, bubbles etc. (please no stuffed animals as they attract bedbugs)
- Soccer balls, basketballs and outdoor toys
- General gifts for teenagers and adults
- Spanish/bilingual education supplies, books, activities, flash cards, posters, etc.

OFFICE SUPPLIES

- Epson Ink cartridges, black and color: 200 or 200XL
- Ink cartridges for Canon MX922
- Scotch Laminating pouches 8.9X11.4"

Please mail all packages to:
Eternal Anchor
8562 Calle de Buena Fe
El Cajon, CA 92021

If you have any questions, please email:
info@eternalanchor.org