



FOOD

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

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
- Hand sanitizer
- Toilet cleaner (non-bleach)
- Toilet brushes
- Ziploc bags (all sizes) and freezer bags
- Cloth rags
- Liquid laundry soap
- Clothing softener
- Dryer sheets
- All-purpose cleaner
- Toilet paper
- Paper towels
- Window/glass cleaner
- Sponges
- Cascade dishwashing pods
- Cascade dishwashing rinse aid
- Mops
- Brooms
- Swiffer Wet Jet multipurpose cleaner refill
- Swiffer Wet Jet hardwood floor spray mop pad refill

TOILETRIES/FIRST AID

- Deodorant – for men and women
- Sun block for children
- Children’s vitamins
- Hand sanitizer
- Nail clippers
- Unscented body lotion
- Scented lotions for women
- Disposable razors
- Shaving cream
- Hair gel
- Body spray
- Hair accessories
- Children’s shampoo
- Children’s body wash
- Kirkland baby wipes
- Nail polish
- Body wash (for men and women)
- Diapers (22-37 lbs., size 4)
- Adult diapers (size small)
- Medical gloves
- Children’s decongestant
- Children’s cold and flu meds
- DayQuil/NyQuil

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)
- Baby toys
- Soccer balls, basketballs and outdoor toys
- General gifts for teenagers and adults
- Spanish/bilingual education supplies (books, activities, flash cards, posters, etc.)

OFFICE SUPPLIES

- 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