



Help L'Arche Prepare for New Residents with and without Disabilities

Pantry/Medicine/Cleaning Supply Drive

The house will be home to eight residents. All items are non-perishables and will be used over time!

Pantry Items

Two of our residents are **vegetarians**, there are no other food allergies

FOOD STAPLES

- Dry goods (brown & white rice, various types of pasta)
- Pasta sauce
- Canned beans (all kinds!)
- Canned vegetables (including tomatoes/tomato paste)
- Vegetable broth
- Apple sauce
- Cereal
- Peanut butter
- Jelly
- Honey

SNACKS

- Granola bars
- Popcorn

DRINKS

- Tea (various kinds)
- Coffee (various kinds)
- Coffee filters

BAKING

- Flour
- Cocoa powder
- Cake/brownie mixes
- Pancake/biscuit/cornbread mixes
- Nutritional yeast
- Vegetable oil

CONDIMENTS/SEASONINGS

- Salad dressings
- Salsa
- Balsamic vinaigrette
- Olive oil
- Apple cider vinegar
- Taco seasoning
- Curry powder/curry paste
- Coconut milk
- Basics (BBQ sauce, mustard, ketchup, mayonnaise)
- Soy sauce
- Lemon juice
- Pickles
- Olives

OTHER ESSENTIALS

- Tupperware (cheap stuff is OK!)
- Ziplock bags (various sizes)
- Aluminum foil
- Plastic wrap
- Parchment paper
- Paper towels

Medicine/First Aid

Help us stock our medicine cabinet with all the basics!

- Sunscreen
- Bug spray
- Aloe vera
- Hydrocortisone cream
- Band-Aids (lots!)
- Neosporin
- Emergen-C
- Ace bandage
- Aspirin/Tylenol/Ibuprofen
- Pepto bismal/Tums

- Decongestants
- Cough syrup
- Imodium AD
- Eye drops

Personal Items

- Sensodyne toothpaste
- Toothbrushes
- Deodorant (especially for women)
- Shampoo/conditioner
- Feminine hygiene products (pads & tampons)
- Toilet paper
- Chapstick
- Lotion

Cleaning Supplies

- Clorox wipes
- Hand soap
- Lysol spray
- Toilet bowl cleaner
- All purpose spray
- Windex
- Cleaning/dish gloves
- Laundry detergent for sensitive skin

Special Requests

- Grocery store gift cards
- City of Decatur trash bags

Amazon WishList

Some of these items can be found on our [Amazon WishList!](#)

Scan for list! →



Thank you so much for helping L'Arche welcome our new residents! Items may be dropped off at the L'Arche office (Legacy Park, 500 S. Columba Drive, 30030). Contact Rita to coordinate: 404.405.5855 or Rita@LArcheAtlanta.org