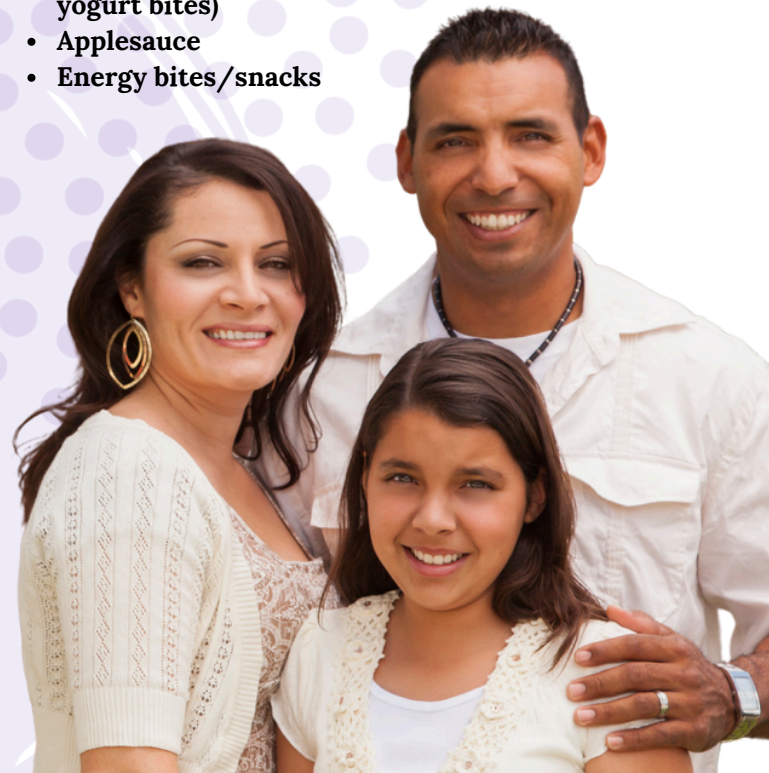


## Nicasa's Stable Communities Hub Wish List

Our friends, families, loved ones, neighbors, and community members are entering a historic time of uncertainty. With essential service programs, like SNAP, and healthcare benefits, Medicaid and Medicare, being inaccessible, Nicasa needs the support from those who are in a position to make a significant difference this holiday season. While we are still asking for gifts for families, we also need the following items to help families remain stable until services are restored. You can support our new Stable Communities Hub with donations like:

- Socks (all sizes and ages)
- Underwear (all sizes, ages, genders)
- Walmart Gift Cards (general needs)
- Jewel Osco Gift Cards (grocery)
- Aldi Gift Card (grocery)
- Walgreens/CVS gift cards (RX/health items)
- Toilet paper
- Paper towels
- Deodorant
- Hygiene wipes
- Shampoo
- Conditioner
- Toothbrushes
- Toothpaste
- Tampons
- Pads
- Panty liners
- Adult incontinence products
- Baby food (unopened within expiration date)
- Baby formula (unopened within expiration date)
- Coats (all sizes - youth and adult)
- Hats (all sizes - youth and adult)
- Gloves (all sizes - youth and adult)
- Laundry detergent
- Fabric sheets/softeners
- Powder milk
- Distilled/purified water
- Gatorade or Powerade
- Juice boxes/single serve containers
- Canned foods (chicken, tuna, salmon, vegetables, fruit, soup)
- Cereal
- Granola bars or loose granola and protein bars
- Macaroni and cheese
- Pasta and pasta sauces
- Ramen noodles or rice packets
- Rice
- Beans
- Crackers (whole grain, saltines, rice crackers, Goldfish, Cheez-Its, Wheat Thins, etc.)
- Tortillas (various sizes)
- Pita bread
- Flatbread
- Instant oatmeal
- Almond butter or sun butter
- Jelly
- Jerky (beef, turkey, or plant-based)
- Dried fruit (raisins, apricots, mango, fruit bars, yogurt bites)
- Applesauce
- Energy bites/snacks



Questions or Location Drop-Off Contact  
Vicky Tello, LSW

Director of Philanthropy

Phone: 847-716-1064 Email: vtello@nicasa.org