

CHARLESTON METRO MILLENNIAL MINISTRY

The Overflow

And God will generously provide all you need.
Then you will always have everything you need
and plenty left over to share with others.

~2 Corinthians 9:8



SUGGESTED DONATION ITEMS

Non - Perishable Items

Protein & Sustenance

- Canned tuna or chicken (pull-tab cans or pouches)
- Peanut butter (small jars or individual cups)
- Protein or granola bars
- Trail mix (individual packs)
- Mixed nuts or sunflower seeds
- Beef jerky or meat sticks
- Shelf-stable hummus with crackers
- Canned beans (black, pinto, garbanzo — pull-tab or easy-open)
- Vienna sausages or spam (pull-tab cans)

Carbs & Energy

- Crackers (individually wrapped)
- Instant oatmeal (can be eaten dry or soaked in water)
- Ramen (can be soaked in water if needed)
- Cereal (individual boxes or bags)
- Rice cakes

Fruits & Vegetables

- Dried fruit (raisins, apricots, etc.)
- Applesauce cups (with spoons)
- Fruit cups (in juice, not syrup; with spoons)
- Canned vegetables or beans (pull-tab cans)
- Veggie chips

Sweets & Snacks

- Cookies (individually wrapped)
- Candy bars or chocolate
- Pop-Tarts
- Muffins or pastries (long shelf-life options)

Non-Food Essentials

- Bottled water or juice boxes
- Electrolyte drink packets (e.g., Gatorade powder)
- Wet wipes or hygiene wipes
- Toothbrush & toothpaste
- Deodorant (travel size)
- Socks (clean, new)
- Hand warmers
- Band-Aids / mini first aid kits
- Travel-size tissues
- Comb or small brush

Avoid glass containers
(they break easily)