

## **Fort Lauderdale Cares list of items**

### **Food Items:**

- Ready-to-eat canned meats, fruits, vegetables and a can opener
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter
- Food for infants
- Comfort/stress food
- Bottled Water
- Non-perishable food
- Cooking oils
  
- **Over the Counter Medicines (Small Sample Only)**
  - Painkillers and fever reducer
  - Anti-Itch creams
  - Stomach medications/ Antacids
  - Cough medicines
  - Decongestants
  - Allergy medicine
  - Bandages/ ointments
  - Digital Thermometers

### **Hygiene Items:**

- Shampoo
- Tooth paste Tooth brush
- Deodorant
- Hand sanitizer
- Soap
- Facial tissue paper
- Laundry detergent

- Cleaning solutions
- Feminine hygiene products
- Children's Diapers
- Toilet paper

## **NO CLOTHING**

### **Comfort Items:**

- Board games
- School Supplies
- Coloring books | Crafting materials
- Video games
- Toys

### **Personal messages:**

- Words of Encouragement

### **Pet Food**