

# CRITICAL NEEDS LIST

NOV. 18 2021

HOUSEHOLD ITEMS AND FOODS TO SUPPORT OUR AFGHAN NEIGHBORS AS THEY REBUILD THEIR LIVES

## HOUSEHOLD ITEMS

- Table utensils – forks, spoons, knives
- Dishes – plates, bowls, cups
- Pots & Pans
- Mixing/serving bowls
- Cooking utensils – spatulas, spoons, knives, can opener, etc.
- Towels
- Bedding – sheets, blankets, pillows
- Toilet paper
- Loose leaf paper (wide or college-rule)
- Spiral or composition notebooks (wide or college-rule)
- Pens
- Paper towels
- Dish soap
- Bathroom/kitchen cleaner
- Laundry detergent
- Trash bags

## FOOD ITEMS

- Canned Tomatoes – diced or crushed
- Rice
- Unseasoned Beans – canned or dry
- Lentils
- Flour – 5 or 10 lb. bags
- Sugar
- Active Yeast (shelf stable packets)
- Tea – Black or Green
- Spices – Tumeric, Paprika, Curry Powder, Cumin (ground), Cloves (ground), Black pepper, Salt
- Honey
- Caramel Candies (Werther's Original)

## BABY ITEMS

- Diapers
- Pacifiers
- Bottles
- Baby wipes
- Formula

## THANK YOU FOR YOUR GENEROSITY!

Donations on this Critical Needs List can be delivered to Catholic Charities Refugee Services at:

916 Bernadette Dr  
Columbia, MO 65203

Monday through Friday from  
8:00 AM – 4:30 PM.

## OTHER WAYS TO HELP

Use your smartphone to scan this QR Code and shop our Amazon Smile list for refugee families. Items purchased from the list will be shipped directly to our Refugee Services office by entering the shipping date below:

Catholic Charities Refugee Services  
916 Bernadette Dr  
Columbia, MO 65203



**Interested in joining our team of volunteers?** Visit us online at [ccnmo.diojeffcity.org/volunteer/](https://ccnmo.diojeffcity.org/volunteer/) to get started. We look forward to serving with you!

We are grateful for your interest in supporting Catholic Charities Refugee Services! We are here to help you answer the call to serve and are pleased to answer any questions.

KEY CONTACT: MARIAH MILES, HOUSING AND DONATIONS COORDINATOR, [MMILES@CCCNMO.ORG](mailto:MMILES@CCCNMO.ORG)

