

# East Side Elders Wish List - Blue Bag Program

As a 501(c)(3) nonprofit, we depend on the generosity of our community and supporters, so please consider making a donation today! This list is for our **Blue Bag program** – a grocery delivery program for older adults with limited access to healthy food and personal care items. Your donations will help us provide these much-needed items – thank you for making a difference!

Donations can be dropped off or mailed to our office: **East Side Elders, 463 Maria Avenue Suite 201, Saint Paul, MN 55106**. Contact us at 651-683-2326 or [Info@EastSideElders.org](mailto:Info@EastSideElders.org) for any questions.

## Personal Care Items:

- Shampoo
- Deodorant
- Hand soap
- Bar soap
- Lotion
- Sunscreen
- Lip balm



## Non-Perishable Food:

- Canned tuna
- Canned chicken
- Soup – low sodium preferred
- Low sugar oatmeal packets

## Frozen Food:

- Chicken
- Ground beef
- Ground turkey



## Household:

- Toilet paper
- Dish soap
- Paper towels
- Cleaning spray
- Tissue

East Side Elders

