

Montrose Counseling Center – Year Round Grocery Drive

Requested Food Items:

- Bottled water
- Single-serving pop-open canned chili
- Single-serving pop-open Chef Boyardee
- Ready-to-eat individually packaged tuna salad
- Ready-to-eat individually packaged chicken salad
- Ready-to-eat microwavable Mac 'N Cheese cups
- Individual servings of cereal
- Instant oatmeal
- Rice
- Spaghetti or pasta
- Dry or pop-open canned soup
- Peanut butter and cracker packages
- Cheese and cracker packages
- Snack-size crackers
- Snack-size pretzels
- Granola bars
- Snack-size individually packaged fruit salad or peaches
- Peanut Butter
- Jelly / Preserves

Requested Hygiene Supplies:

We are in need of the following items, both in travel/travel sizes, for those staying at shelters, and in regular sizes, for those with more stable housing.

- Shampoo/Conditioner
- Toothpaste
- Toothbrushes
- Deodorant
- Body soap
- Underwear (all sizes, for men & women)
- Toilet paper

Deliveries are accepted Monday-Friday, 8am-7pm on the 2nd floor at:
401 Branard Street, Houston, TX 77006.

Thank you!!