



## **NEST (Nourish Every Student Today) Program**

*If you are interested in making a donation, please contact Alicia Syner via email at [alicia.syner@bridgevalley.edu](mailto:alicia.syner@bridgevalley.edu) or phone at 304.205.6746.*

### **Non-Perishable Food Items Needed**

- Applesauce
- Canned Beans
- Canned Chicken
- Canned Fish (Tuna/Salmon)
- Canned Meat (SPAM/Ham)
- Canned Vegetables
- Crackers
- Fruit (Canned or Dried)
- Granola Bars
- Instant Mashed Potatoes
- Meals in a Box (Rice, Pasta, Soup Kits)
- Peanut Butter
- Shelf-Stable and Powdered Milk
- Soup, Stew, Chili
- Whole Grain Cereal
- Pasta
- Stuffing Mix
- Oatmeal
- Baby Food, Infant Formula
- Spaghetti Sauce or Tomato Sauce

\*\*Please keep in mind that students may not have can openers and/or microwaves.

### **Clothing Items Needed**

- Winter Coats/Jackets
- Gloves
- Scarves
- Socks

## **Toiletries Needed**

- Toilet Paper
- Tissues
- Baby Wipes/Hand Wipes
- Deodorant
- Toothbrush/Toothpaste
- Dental Floss

## **School Supplies Needed**

- College-Ruled Notebooks
- Pens
- Pencils
- Binders
- Loose-Leaf Paper
- Notecards