

Karyl's Kupboard

Emergency Food & Hygiene Pantry Needs

Food

Tuna
Carrots
Spinach
Potatoes
Mixed Fruit
Peaches
Pineapple
Mashed Potatoes
Gravy
Ravioli
Beef Stew
Chicken Soup
Tomato Soup
Pasta/Spaghetti
Oatmeal
Macaroni & Cheese
Peanut Butter
Jelly
Coffee

Hygiene Products

Shampoo
Conditioner
Soap
Feminine Products
Deodorant
Toilet Paper
Toothpaste
Razors
Diapers (sizes 5-6)

**Donations are accepted
during normal business hours:**

**Clifton Park Office
5 Municipal Plaza, Suite 3
Clifton Park, NY 12065
Monday-Friday 9:00am-5:00pm
518.371.1185
www.captaincares.org**



CAPTAIN
Community Human Services