

## **These are the urgently needed items for Metropolitan**

**Ministries....** (Some of these items are 50 cents!)

**(Most Needed Items in BOLD)**

**Shampoo- full and sample size**

**Deodorant for men and women**

**Toothpaste- full and sample size**

**Razors**

**Diapers**

**Lotion- sample size**

**Conditioner- sample size**

**Soap- full and sample size**

**RICE - PASTA - BEANS - PEANUT BUTTER - CEREAL are needed!**

**Canned Meat**

**Box of Cereal**

**Can of Fruit**

**Cake Mix or Dessert Mix**

Dry or Canned Beans

1 lb. bags of Rice

Box Macaroni 'N' Cheese

Dry Soups or canned

14.5 oz. cans of green, yellow, mixed vegetables

Pasta (spaghetti or macaroni)

Family Size Box of Jell-O

Jelly/Jam

Gravy

Sugar or Flour

Condiments

Pasta Sauce, Canned Tomatoes, or Marinara Sauce

**Please bring one of these items to our office during below scheduled hours before December 22, 2010.**

Chiropractic Care Centre

4247 W Kennedy Blvd  
Tampa, FL 33609  
813-289-5575  
www.PainResults.com

Monday	9:00 am	11:30am	3:00pm	6:30pm
Tuesday			3:00pm	6:30pm
Wednesday	9:00 am	11:30am	3:00pm	6:30pm
Thursday	9:00 am	11:30am	3:00pm	6:30pm
Friday	10:00 am		1:00pm	