

# **CUBA RELIEF PROJECT**

## **Supply List**

### **Food**

- Cooking Oil (48 oz. bottles recommended)
- Canned Protein - Ham, Spam, chicken breast, tuna, vienna sausages
- Espresso Coffee (10 oz. packages recommended) recommended brands are Pilon, La Llave, Bustelo, etc.)
- Baby Food (pouches recommended)
- Baby Formula (powder only / 12.4 oz. cans recommended)

### **Personal Hygiene**

- Bar Soap
- Toothpaste
- Deodorant
- Adult or Child Diapers (any size)

### **Medicines (no expiration dates of more than one year)**

- Tylenol (50 or 100 tablet bottles recommended)
- Advil (50 or 100 tablet bottles recommended)
- Naproxen (100 tablets recommended)
- Neosporin Ointment (smaller tubes recommended)
- Pepto Bismol (smaller bottles / boxes recommended)
- Multi-Vitamins (smaller bottles recommended)

Relief supplies will be collected during services at the John Young campus on **Sunday, November 14<sup>th</sup>**. Please drop off items from the supply list above at Welcome Center A or B in the Worship Center.

Please call (407) 514-4240 or email [missions@firstorlando.com](mailto:missions@firstorlando.com) with any questions.