



South West Meals On Wheels

South West Meals on Wheels is a self-sustaining program that receives no government funding. We are proud to serve the following areas: Beechview, Bridgeville, Carnegie, Cecil, Clinton, Collier Township, Crafton, Dormont, Greentree, Heidelberg, Imperial, Ingram, Mt Lebanon, Oakdale, Robinson Township, Scott Township, South Fayette, Upper St Clair and Westwood.

WISH LIST #1

DRY GOODS SUCH AS:

- Instant mashed potatoes - plain
- Sugar
- Sugar free pudding, jello or cake mixes or desserts
- Packets of oatmeal
- Granola or similar bars, soft and easy to chew
- Boxes of mac and cheese
- Flavored rice mixes
- Pasta, regular or whole wheat (*whole wheat for diabetics*)
- Egg Noodles

WISH LIST #2

CANNED OR BOTTLED PRODUCTS:

- Fruit
- Vegetables of any type
- Potatoes
- Cranberry Sauce
- Beets – Pickled or plain
- Three Bean Salad
- Gravy
- Cooking Spray
- Cooking oil
- White or wine vinegar
- Salad dressing
- Jelly
- BBQ Sauce
- Creamy peanut butter
- Soup

WISH LIST #3

OFFICE PRODUCTS:

- Copy paper
- Sharpies and pens
- Address labels
- Regular size file folders
- Scotch Tape
- Masking Tape
- Staples
- Highlighters
- 1" vinyl binders
- Tablets for phone messages

WISH LIST #4

CLEANING PRODUCTS:

- Dawn dish soap (*works the best and we use less!!*)
- SOS Pads
- Scrubbing pads without soap
- Flip Top sandwich baggies
- Quart size baggies
- Gallon size baggies
- Freezer bags, quart and gallon size
- 33 Gallon Garbage bags
- Liquid hand soap
- Bleach
- Plastic Spray bottles

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