



302 2nd Ave South Twin Falls, ID 83301  
115 West 100 South, Rupert ID 83350  
Hotline Text Line: 208.733.0100  
[www.vavmv.org](http://www.vavmv.org) | [help@vavmv.org](mailto:help@vavmv.org)

Microwavable foods  
Condiments  
Coffee  
Peanut butter  
Jelly  
Bread  
Waters  
Canned foods  
Frozen family meals  
pop top cans  
Juice  
Individual juice boxes: capri suns, sunny  
delights, jumex, apple juices, orange juice  
  
Laundry detergent  
Sponges  
Towels  
Hand towels  
Paper plates  
Disposable utensils  
Shampoo  
Conditioner  
Facewash  
Deodorant

Toothpaste  
tooth brushes  
Feminine hygiene products: pads/ tampons  
Children's Diapers (all sizes)  
  
Men, women, children: underwear (all sizes)  
Socks  
Sheet sets (Queen, Twin)  
Pillows  
Shower curtains  
  
can openers  
Electric skillets  
Hot Plates  
Small coffee pots  
Small crock pots  
Heaters  
Art & crafts supplies for adults and children  
Journals  
Pens  
brooms  
swiffer mops  
Grocery store gift cards  
Gas cards