

Needs and Analysis

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by Lin Stone

The Savior has specifically enjoined us to help the poor and the needy. Helping a family over life's temporary hurdles is seldom easy even with prayer and the power of discernment.

Your job as the **Relief Society President** or Representative is to discover the individual needs of the family you are contacting for the Bishop. Quite often this is complicated because the family itself has no idea whatsoever what it needs. Watch the eyes as you read off items on the list for tips of what foods this family might consider a luxury out of its reach.

The following list is not meant to be exhaustive, or limiting. It really won't matter to you if the family wants tooth powder instead of tooth paste. Nobody will need everything on this list. The less likely to be desired items are lumped in one cell; simply circle the items wanted and check the box on the right.

Everybody will need something that is not on this list; Some cells are left open so you can enter them there. This lets you add or delete items to accommodate local needs.

To help ensure you do cover most of the bases I have grouped the needs into broad categories.

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Needs and Analysis Report Form

Head of House Phone Number

Address: _____

Number of adults: Number of teens Number of children:

Utility Needs	Amount	Check
Housing, rent, lease		
Water		
Electric		
Gas		
Phone		
Transportation		

Medical

Doctor		
Hospital		
pharmaceuticals		
over the counter medicines		

Staples

Sugar		
Flour: whole wheat, self-rising, plain		
corn meal		
cooking oil		
milk: whole, 2%, 1%, condensed		
eggs: brown, white		
potatoes		

Meats

hamburger		
bacon		
chicken		
roast		
pork		
ham		
steak		

Fruits

apples		
grapes		
bananas * berries * lemons * lime * melons * nectarines		
Oranges * Peaches * Pears * Plums * Strawberries		

Vegetables

Tomatoes		
Potatoes		
Lettuce		
Corn		
Cabbage		
Onions		
Carrots		
zucchini * cauliflower * celery * garlic * mushrooms * peppers * sweet potato * squash * asparagus * broccoli		

Canned food

cooking spray		
Olive Oil, vegetable oil		
spaghetti, macaroni		
tomatoes, tomato sauce, tomato paste		
corn		
pork & beans, baked beans		
green beans		
peas		
pinto beans, kidney beans, butter beans		
carrots		

Canned Fruit

peaches		
pears		
cherries		
pineapple, mixed fruit		

Baby Needs

Diapers		
Wipes		
Rash Cream		
Formula or milk		
Shampoo		
Oil		
Lotion		

Baby Food

Beef		
Chicken		
Veal		
Sweet Potato * Applesauce * Bananas * Carrots * Apple Juice * green beans * Mixed Vegetables * Peaches * Pears * Squash		

Seasonings

Salt, Pepper, Celery Salt		
Garlic Powder, Garlic Salt, Onion Powder		
Cinnamon, Nutmeg		
Oregano, Paprika, Ginger		

Personal Items

Soap		
Deodorant		
Mouthwash		
Shampoo		
Shaving Cream, Razors		
Toothbrush, Toothpaste, Floss		
Toilet Paper		
feminine hygienic needs		

Cleaners

Dishwashing Soap		
Bleach,		
Laundry Detergent,		
Glass Cleaner, Furniture Polish, Toilet Bowl Cleaners		
Towels, Mop, Scrub Brush, Sponges		
Air Freshener, Dryer Sheets		

Dairy Case

Butter, margarine		
Sliced Cheese,		
Cottage Cheese,		
Cream Cheese		
Creamer		
Sour Cream, Yogurt		

Frozen items

french fries, tater tots		
pizza, dinners		
ice cream		
corn, mixed vegetables, peas, carrots, broccoli		

Outside

Seeds, Stock		
Garden implements		
Canning		

Assistance Resources Who could help?

Parents, Children		
Relatives, Spouse		
Employment, More work, Different work		
Develop marketable skills		
Spiritual, Fasting and prayer		