

END HUNGER IN THE LOWCOUNTRY

PLEASE DONATE *Most Needed Items*

Whole Grain Cereals, Instant Oatmeal/Grits

Canned Fruit

Canned Meats, Chili

Pancake Mix, Maple Syrup

Taco Kits

Tomatoes w/ Chilies & Refried Beans

Spaghetti Sauce (jars)

Gravy & Broth

Cooking Oils

Salad Dressings (Shelf Stable)

Flour, Sugar & Bread/Cornbread Mix

Ketchup, Mustard & Mayo

Cheese (Shelf Stable)

Almond Milk (Shelf Stable)

White and/or Brown Rice

Dessert Mixes

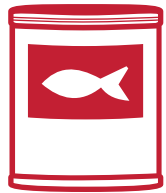
Shampoo & Conditioner

Toothpaste & Toothbrushes

Band-Aids, Body Lotion & Deodorant

Donations accepted Monday-Friday 10am-4pm

We do NOT accept expired food or opened packages



Self
Help

DONATE FINANCIALLY

www.blufftonselfhelp.org/donate

PO Box 2420 | Bluffton, SC 29910

#NeighborsHelpingNeighbors



www.blufftonselfhelp.org | 843-757-8000 | 39 Sheridan Park Circle | Bluffton, SC 29910