

END HUNGER IN THE LOWCOUNTRY

PLEASE DONATE *Most Needed Items*

Whole Grain Cereals
Instant Oatmeal/Grits

Canned Fruit

Canned Red, Black, & Cannelloni Beans
Canned Chicken, Tuna, Chili & Beef Stew

Taco Kits

Tomatoes w/ Chilies & Refried Beans

Spaghetti Sauce

Gravy & Broth

Cooking Oils

Flour, Sugar, Bread/Cornbread Mix

Hearty Soups

Shelf Stable Cheese

Shelf Stable Almond Milk

White & Brown Rice

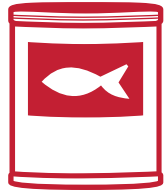
Dessert Mixes

Shampoo & Conditioner

Toothpaste & Toothbrushes

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