



HEART HEALTHY FOOD DRIVE

Bluffton Self Help is collecting heart healthy food donations for the entire month of February

Whole Grain Cereals
Whole Grain Granola Bars
Bagged & Microwave Popcorn (low sodium)
Canned Fruit in Lite Syrup
Applesauce
Extra Virgin Olive Oil
Dry Beans
Low Sodium Hearty Soups & Broths
Whole Grain Pastas & Rice Pouches

Donations accepted Monday-Friday 10am-4pm
The Market | 39 Sheridan Park Circle Suite 10



AMAZON WISH LIST

<https://amzn.to/3J33MWs>

DONATE FINANCIALLY

www.blufftonselfhelp.org