

## Most Needed Items help us fill our shelves

Canned Meats (tuna, chicken)  
White Rice  
Reduced Sodium Chicken/Beef/Vegetable Broth  
Canned Peas  
Instant Mashed Potato Flakes  
Pasta, Pasta Sauce & Shelf Stable Cheese  
Taco Kits, Salsa & Black Beans  
Skillet Meal Kits (like-Hamburger Helper)  
Whole Grain Side Dishes (Rice-a-Roni, Near East, Uncle Ben's)  
Canned Tomatoes (whole, crushed & sauce)  
Canned Meals (chili, beef stew, hearty soups)  
Cereal, Oatmeal & Grits  
Canned Fruit, Applesauce & Jelly  
Pancake Mix & Maple Syrup  
Cooking Oils, Flour, Sugar & Baking Mixes  
Mayonnaise, Ketchup & Shelf Stable Salad Dressings  
Shelf Stable Almond Milk  
Shampoo & Conditioner  
Body Wash, Body Lotion & Deodorant  
Large Size Diapers (4,5 and 6), Training Pants & Baby Wipes



Shop our Amazon Wishlist



### Donate Financially

[www.blufftonselfhelp.org/donate](http://www.blufftonselfhelp.org/donate)  
PO Box 2420 | Bluffton, SC 29910

### Donations Accepted:

MONDAY | WEDNESDAY 9AM - 6PM  
TUESDAY | THURSDAY | FRIDAY  
9AM - 4PM

**We do NOT accept expired food  
or opened packages**

#neighborshelpingneighbors