

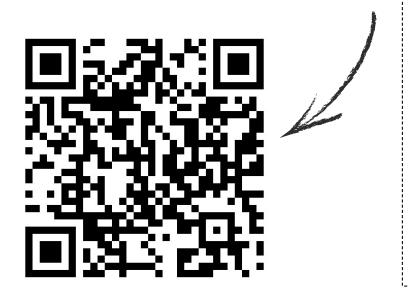


Drop off donations to

39 Sheridan Park | Unit 10 Monday & Wednesday| 9am-5:30pm Tuesday, Thursday & Friday | 9am-4pm *please drive around to rear of building*

Or... Donate financially

www.blufftonselfhelp.org/donate PO BOX 2420 | Bluffton, SC 29910



Canned Tuna & Canned Chicken Low Sodium Hearty Soups Rice, Whole Grain Pasta, Barley or Farro Canned Beans** Black, Red, Pinto, Kidney, Cannelloni, Navy Beans and Garbanzos No Salt Added Canned Tomatoes & Sauces Canned or Dried Fruits **Unsweetened Applesauce** Nuts & Seeds Peanut. Almond or Cashew Butter Low Sugar Jelly & Honey Condiments & Shelf Stable Dressing** Shelf Stable Milk & Almond Milk Whole Grain Cereal** Oatmeal** **Granola Bars** Whole Grain Flour & Baking Mixes** Pancake Mix & Maple Syrup** Cane Sugar Coconut Oil **Gluten Free Food Options**

Soap & Body Wash (adult & child) Body Lotion Shampo & Conditioner (adult & child)** Deodorant Shaving Cream** Toothpaste** Menstrual Products Large Diapers (size 4, 5, 6, & 7)** Training Pants (2T - 5T)** Baby Wipes**

** priority item(s) based on current inventory

WWW.BLUFFTONSELFHELP.ORG | 843-757-8000