

Most Needed Items



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**