



STOCK

The Market

AT BLUFFTON SELF HELP

APRIL 16 - MAY 31, 2025

Drop off donations to

39 Sheridan Park | Unit 10

Monday & Wednesday | 9 am-5:30 pm

Tuesday, Thursday & Friday | 9 am-4 pm

Saturdays | May 3, 10, 17, 31 | 9 am - 12 pm

Or... Donate financially

www.blufftonselfhelp.org/donate

PO BOX 2420 | Bluffton, SC 29910



Shop our Amazon Wishlist

<https://a.co/1n0Ygpz>

WWW.BLUFFTONSELFHELP.ORG

843-757-8000

Most Needed Items

Cereal, Oatmeal & Shelf Stable Almond Milk

Pancake Mix & Maple Syrup

Canned Tuna & Canned Chicken

Beans:

Black, Kidney, Pinto, Cannelloni, Garbanzo

White Rice, Brown Rice & other Grain Sides

Canned Tomatoes:

Diced, Crushed, Whole & Sauce

Hamburger Helper

Taco Kits, Salsa & Refried Beans

Pasta Sauce, Pasta & Shelf Stable Cheese

Canned Chili, Beef Stew & Hearty Soups

Chef Boyardee & SpaghettiOs

Cooking Oil, Flour & Sugar

Mayonnaise & Ketchup

Shelf Stable Salad Dressing

Canned Fruits

Jelly Unsweetened & Applesauce

Bread & Muffin Mixes

Cake, Brownie and Cookie Mixes

Canned Frosting

Soap & Body Wash (adult & child)

Shampoo & Conditioner (adult & child)

Training Pants (2T - 5T)

Large Diapers (size 4, 5, 6, & 7)

Body Lotion

Deodorant

Shaving Cream

Toothpaste

Menstrual Products

Baby Wipes

Bluffton
Self Help