

MOST NEEDED ITEMS



Drop off donations to:

39 Sheridan Park | Unit 10

Mon. | Wed | Thurs | 9am-5:30pm

Tues | Fri | 9am-4pm

drop off located behind The Market

To donate financially:

www.blufftonselfhelp.org/donate

PO BOX 2420 | Bluffton, SC 29910



Amazon Wishlist:

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

Please Note: We are unable to distribute open, expired, or bulk-sized items.

Canned Proteins

- Canned Chicken
- Canned Tuna

Easy Meals & Dinner Helpers

- Canned Chili
- Canned Beef Stew
- Chef Boyardee (SpaghettiOs, ravioli, etc.)
- Hearty Soups
- Pasta & Pasta Sauce
- Skillet Meal Kits (Hamburger Helper, etc.)
- Taco Kits, Salsa, & Refried Beans

Pantry Staples

- Cooking Oil
- Flour
- Rice & Rice Sides
- Sugar

Breakfast & Kid-Friendly Items

- Canned Fruit
- Maple Syrup
- Pancake Mix
- Unsweetened Applesauce

Shelf-Stable Dairy & Alternatives

- Shelf-Stable Almond Milk
- Shelf-Stable Cheese

Condiments & Flavor Boosters

- Condiments (ketchup, mustard, etc.)
- Jelly
- Shelf-Stable Salad Dressing

Hygiene Items (for adults & children)

- Body Wash
- Conditioner
- Shampoo

