

# 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](http://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

