

South



A Primary Health Solutions Company

# CARING HANDS

## Food Pantry

### ACCEPTED ITEMS LIST



**PLEASE BE SURE TO CHECK EXPIRATION DATES –**  
items past their “sell by” date cannot be used for clients.



#### FOOD ITEMS

(circle where choice)

- Shelf Milk
- Juice
- Beans (Baked, Pork, or Kidney)
- Canned tuna or fish
- Peanut butter & jelly
- Canned chicken
- Spam
- Packaged Lunch or Dinner
- Potato flakes instant
- Canned (vegetables, tomatoes)
- Rice
- Pastas/Noodles
- Spaghetti sauce
- Canned pasta – Spaghetti-O’s, Ravioli
- Microwave Meals
- Soups/Stews
- Crackers
- Cereal (boxed or Oatmeal packets)
- Breakfast Bars
- Condiments (mayonnaise, mustard, catsup)
- Baking (flour, cakes, breads, frosting)



#### PERSONAL CARE ITEMS

(circle where choice)

- Hair (shampoo, conditioner)
- Body (body wash, bar soap, deodorant)
- Mouth (toothbrush, toothpaste, dental floss)
- Hygiene (tampons or pads)
- Lotions (hand, body)



#### MISCELLANEOUS

- Toilet tissue
- Paper towels
- Trash bags
- Dish soap
- Laundry soap



*Thank you*

**FOR MAKING A DIFFERENCE!**

Your donations help support individuals and families in our community.



[www.southcommunity.com](http://www.southcommunity.com)



**(937) 293-8300**