



BSH

Comprehensive Pantry List

At any given time, Bluffton Self Help is most in need of:

Basic Foods

- ★ Hearty Soups
- ★ Stews (Beef, Chicken and Dumplings)
- ★ Chili
- ★ Peanut Butter and Jelly
- ★ Macaroni and Cheese

Dairy Group

- ★ Evaporated milk
- ★ Powdered milk
- ★ Puddings & custards
- ★ Ensure food supplements

Breads, Cereals and Pasta

- ★ Hot and cold breakfast cereals, including oatmeal, grits and cream of wheat
- ★ Baking mixes: pancake, corn bread, cake mixes/icing, quick breads
- ★ Pastas and canned sauces

Meat/High Protein Group

- ★ Canned meats: ham, chicken, meat spreads
- ★ Canned fish including tuna, salmon, sardines, other fish
- ★ Nuts, and seeds
- ★ Rice and Beans

Fruits & Vegetables

- ★ Canned fruits: peaches, pears, pineapples, applesauce, fruit cocktail
- ★ Canned juices: apple, cranberry, tomato and vegetable
- ★ Canned vegetables: green beans, peas, corn, tomatoes, potatoes

Non-food Household products

- ★ Paper – toilet, tissues and towels
- ★ Soap – Bar and liquid
- ★ Diapers of all sizes
- ★ Toothbrushes and toothpaste
- ★ Deoderant
- ★ Feminine Hygiene products

STREET ADDRESS

39 Sheridan Park Cir, Ste 10
Bluffton, SC 29910

MAILING ADDRESS

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Bluffton, SC 29910

TELEPHONE

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ONLINE

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