SUPPORT ELDERHELP'S FOOD PANTRY!

MOST POPULAR SUPPLIES

- Toilet Paper
- Paper Towels
- Clorox Wipes
- Dove Bar Soap
- Antibacterial hand soap
- Hand Sanitizer
- Depends (Men & Women in all sizes)

NON-PERISHABLE ITEMS

- Cereal
- Instant Oatmeal
- Canned Fruit (100% juice, no syrup)
- Canned Vegetables
- Spaghetti
- Canned Spaghetti Sauce (example: Hunts)
- Peanut Butter
- Canned Soup
- Black Beans
- Canned Tuna or Chicken

PERISHABLE ITEMS

- Sliced Cheese
- Deli Meat
- Half Gallon Milk (2%)
- Bread (Whole Grain or Whole Wheat)
- Apples
- Clementine Oranges
- Half Dozen Eggs
- Baby Carrots

CALL THE ELDERHELP EATS HOTLINE
619-748-5408 | M-TH, 9 AM-3 PM

to arrange for delivery/dropoff
or donate online at
www.bit.ly/EHfoodpantry