



Current Food Pantry Needs
Updated February 2018

Toiletries:

- Toilet Paper
- Diapers (sizes 4, 5, 6)
- Laundry Soap
- Paper Towels
- Cleaning Supplies
- Shampoo
- Conditioner
- Deodorant
- Bath Soap
- Dish Soap
- Toothbrush & Toothpaste
- Feminine Hygiene Products

Basic Food Items:

- Chili
- Cooking oil
- Dried beans/Peas
- Hamburger/Chicken Helper
- Cream of Chicken Soup
- Crackers
- Dried rice
- Oatmeal (unflavored)
- Canned Fruit
- Spaghetti sauce
- Boxed instant potatoes
- Peanut butter & Jelly
- Flour
- Sugar

** Recycle your grocery store bags by donating them to the Helping Hands Food Pantry.*

For more information please contact:

Tarren Oswald
Director of Assistance & Referral
tarrenoswald@rockwallhelpinghands.com
972-771-4357 (HELP)

Sherry Hamm
Client Services / Pantry Manager
972-771-4357 ext. 206