



Pantry Needs

Canned fruit

Canned pasta

Canned chili

Canned chicken

Cereal

Oatmeal

Jelly

Boxed instant potatoes

Breakfast bars

Crackers

Hamburger, Chicken, Tuna Helpers

Dried beans

Ensure or Boost

Shampoo

Conditioner

Toothpaste

Toothbrushes

Roll-on deodorant

Shaving supplies

Toilet paper

Cleaning supplies

Baby diapers – sizes 4, 5, 6

Baby wipes

Deliver your donations to the Helping Hands Food Pantry at 401 West Rusk, Rockwall, on Mondays, Tuesdays, Thursdays, or Fridays, 9:00 – 12:00 and 1:00 – 4:00.

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

For more information, please contact:

Tarren Osvald
Director of Assistance & Referral
tarrenosvald@rockwallhelpinghands.com
972-771-4357

Sherry Hamm
Client Services / Pantry Manager
sherryhamm@rockwallhelpinghands.com
972-771-4357, ext 206