



HELPING HAND
OF MYRTLE BEACH

FOOD

Food is one of the most requested services of those in need, and Helping Hand of Myrtle Beach is the only full time Pantry in Myrtle Beach. Our agency is dependent on donations from our wonderful community to be able to meet the needs of those who are hungry. Below is a list of food items that are always needed:

PEANUT BUTTER
JELLY
CEREAL
CANNED MEAT-TUNA/CHICKEN/SPAM
INSTANT POTATOES
SPAGHETTI SAUCE
RAVIOLI
CANNED FRUIT
GRITS (BOXES/INDIVIDUAL PACKETS)
OATMEAL (BOXES/INDIVIDUAL PACKETS)
RICE
PORK & BEANS
JUICE (BOTTLES OR POUCHES)
RAMEN NOODLES
CHEESE/PEANUT BUTTER CRACKERS

*Please consider giving normal-sized items (in lieu of larger portion sizes) as these are easiest to provide clients.

*When giving, please consider the quality of the items being donated: we cannot take open packaging or expired items.



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NO COOK FOOD

We prepare a one gallon bag of assorted no cook food items for individuals who do not have a way to cook. These bags would be a great group project to prepare for our Pantry, or you can purchase these foods and our volunteers would be glad to put the bags together. Below is a list of food suitable for these bags:

**CAN OF VIENNA SAUSAGES
POP-TOP MICROWAVE PASTA
POP-TOP BEANIE WEENEES
FRUIT CUP/APPLESAUCE CUPS
POP-TARTS (POUCH OF TWO) OR CEREAL BAR
PEANUT BUTTER CRACKERS (LANCE OR AUSTIN - ANY FLAVOR)
MANUAL CAN OPENER
VIENNA SAUSAGE
LUNCHABLES
POP-TOP MINI CAN OF VEGETABLES**

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HYGIENE

We also provide hygiene products for individuals and families in need. We keep family size products on hand for families, but we also make travel size hygiene kits for individuals. Hygiene kits are another great group project and are always needed in our Pantry. Below is a list of needed items:

**FAMILY HYGIENE:
REGULAR SIZE SHAMPOO AND CONDITIONER
BAR SOAP
TOOTH BRUSHES
LARGE TOOTHPASTE
COMB OR BRUSH
LARGE LOTION
DEODORANT
RAZORS
BODY WASH
DIAPERS**

**INDIVIDUAL HYGIENE (BAG KITS):
TRAVEL SIZE SHAMPOO AND CONDITIONER
TRAVEL SIZE BAR SOAP
TOOTHBRUSH
TRAVEL SIZE TOOTHPASTE
COMB OR BRUSH
TRAVEL SIZE LOTION
TRAVEL SIZE DEODORANT
RAZORS
MINI SUNSCREEN
CHAPSTICK
BUG SPRAY**