



## Food Pantry Grocery List

*Sharing Christ's Love by Meeting Human Needs  
since 1983*

Items that are most needed by the food pantries ...  
NOTE: Please clearly mark refrigerated or frozen items!

- Juice and juice boxes
- Dry milk
- Vegetable oil incl. spray
- Boxed meal mixes (chicken helpers; home style bakes)
- Canned ravioli or other canned pasta
- Raisins
- Ketchup and mustard
- Mayonnaise, Miracle Whip
- Powdered drink mixes
- Pudding or Jell-O
- Cookies or cookie mix
- Canned chicken, tuna or beef stew
- Instant potatoes; rice mixes
- Canned vegetables
- Canned fruit and fruit cups
- Muffin, cake, bread mixes
- Infant formula
- Breakfast cereals and pancake mix, instant oatmeal
- Pancake syrup
- Canned milk
- Applesauce
- Flour; sugar; brown sugar
- Ground coffee; tea bags; iced tea mix

- Pasta
- Macaroni and cheese i.e. Kraft dinner
- Jelly or jam
- Canned gravy
- Saltine crackers; snack crackers
- Salt, pepper
- Popcorn

### ***Cleaning and Hygiene items***

- Deodorant (men's and women's)
- Shampoo
- Dish soap
- Shaving cream
- Disposable razors (men's and women's)
- Children's toothbrushes
- Toilet paper; paper towels
- Bar soap; shampoo; deodorant
- Toothpaste
- Laundry detergent
- Feminine hygiene products
- Diapers, wipes, diaper cream

### ***Pet supplies***

- Dog food
- Cat food
- Cat litter

Meats of all types (beef, pork, chicken) fresh or frozen can be used if individually packaged.

Fresh fruits and vegetables are always welcome.

Milk and dairy products are in short supply but high demand.

Family size is OK but please, **no bulk size items.**

Center locations and contact information is on the reverse side.

**NOTE: Please clearly mark refrigerated or frozen items!**

## Center Address and Contact Information

### **Dillsburg Center**

6 North Second Street  
Dillsburg, PA 17019  
P: 717-432-3053  
F: 717-432-9789  
E: dillsburg@nhm-pa.net

### **Mechanicsburg West Shore Center**

15 State Road  
Mechanicsburg, PA 17050  
P: 717-766-7333  
F: 717-766-7575  
E: mechanicsburg@nhm-pa.net

### **Dover Center**

1836 Industrial Court  
Dover, PA 17315  
P: 717-292-3441  
F: 717-292-9154  
E: dover@nhm-pa.net

### **Executive Offices**

211 South Baltimore Street  
PO Box 448  
Dillsburg, PA 17019  
P: 717-432-2087  
F: 717-502-1642  
E: info@nhm-pa.net  
E: execdirector@nhm-pa.net  
E: [development@nhm-pa.net](mailto:development@nhm-pa.net)

### **Children & Youth Ministries**

211 South Baltimore Street  
Dillsburg, PA 17019  
P: 717-432-2087  
F: 717-502-1642  
E: [jcapone@nhm-pa.net](mailto:jcapone@nhm-pa.net)

*At any time, we would welcome the opportunity to speak to your group or invite your group to tour one of our assistance centers. Thank you for helping our neighbors in need!*

**Please, check out our web site [www.nhm-pa.org](http://www.nhm-pa.org)**

### FREQUENTLY ASKED QUESTIONS ABOUT NEW HOPE MINISTRIES

- **Organization Description.**  
New Hope Ministries is a community-based, non-profit Christian social service agency that provides emergency crisis services, counseling and referral services, food pantries and children & youth programs.
- **Children & Youth Programs** – Structured year-round club programs serve over 500 socially and financially disadvantaged youth annually. By providing positive adult role models, recreational opportunities and team building activities, the programs help at-risk youth learn the character traits and life skills necessary to break the cycle of poverty and dependency.
- **What is New Hope Ministries?**  
From assistance centers in Mechanicsburg, Dillsburg and Dover, New Hope provides “basic human needs” assistance, food pantries and youth programs. In 2008, New Hope provided crisis assistance to 5,481 individuals from 2,157 families. Over 40% of all clients served by New Hope Ministries are children under the age of 18.
- **Who do we help?**  
Typically, New Hope clients are those living below 200% of federal poverty guidelines. Our clients include the “working poor”; disabled adults and senior citizens living on fixed incomes, unable to make ends meet; and others thrust into chaos due to job loss, illness, spousal abandonment, or another crisis in their lives.
- **Where do we serve?** New Hope’s service areas include the Northern York School District (Dillsburg Center), Dover Area School District (Dover Center), and all of Eastern Cumberland County (Mechanicsburg West Shore Center).
- **How can YOU help? -- GET INVOLVED!**
  - Volunteer
  - Donate food
  - Contribute regularly
  - Pray for New Hope!