



Food Pantry Grocery List

Since 1983, neighbors helping neighbors.

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 – nothing fancy
- 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: nhmdillsburg@newhopeministries-pa.org

Mechanicsburg Center

15 State Road
Mechanicsburg, PA 17050
P: 717-766-7333
F: 717-766-7575
E: nhmmcbg@newhopeministries-pa.org

Dover Center

1836 Industrial Court
Dover, PA 17315
P: 717-292-3441
F: 717-292-9154
E: nhmdover@newhopeministries-pa.org

Executive Offices

211 South Baltimore Street
PO Box 448
Dillsburg, PA 17019
P: 717-432-2087
F: 717-502-1642
E: info@newhopeministries-pa.org
E: execdirector@newhopeministries-pa.org
E: datamanager@newhopeministries-pa.org
E: businessmanager@newhopeministries-pa.org

Children & Youth Ministries

211 South Baltimore Street
Dillsburg, PA 17019
P: 717-432-2087
F: 717-502-1642
E: childrenandyouth@newhopeministries-pa.org

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
Remember, we share because YOU care!**

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 2006, New Hope provided crisis assistance to 5,383 individuals from 1,998 families; 70% of all New Hope client families reside in the Mechanicsburg area of Cumberland County and the Dillsburg area of Northern York County. 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 150% of federal poverty guidelines. Types of 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.
- **How can YOU help? -- GET INVOLVED!**
 - Volunteer
 - Donate food
 - Contribute regularly