

Grocery List

Please consider donating one or more of the items listed below to help your neighbors in need.

Thank you!

- Chicken or Hamburger Helpers
- Peanut Butter
- Canned Vegetables
- Canned Fruits
- Canned Meats
- Instant Potatoes
- Fruit Juice
- Cooking Oil
- Spaghetti Sauce
- Sugar
- Flour
- Ketchup (any condiments)
- Coffee
- Tuna
- Personal care items
- Dish Detergent
- Cleaning Supplies
- Shampoo
- Conditioner



Sharing Christ's love by meeting human needs

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**Would you know
where to turn if you
were hungry, lost
your job, or needed a
little extra help?**



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To learn more about how
we're helping your
neighbors in need, visit
www.nhm-pa.org.

**If you need help now,
please contact our Hanover Center
135 Baltimore Street
Hanover, PA 17331
(717) 698-3365**

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