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



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