

Food Pantry Grocery List



- ☐ Breakfast cereals
- ☐ Canned beans
- ☐ **Canned tuna and chicken**
- ☐ **Canned fruit**
- ☐ Canned soup
- ☐ **Canned vegetables**
- ☐ Flour; sugar; brown sugar
- ☐ Coffee or tea
- ☐ Infant formula
- ☐ Instant potatoes; rice mixes
- ☐ **Juice**
- ☐ **Condiments**
- ☐ **Peanut Butter**
- ☐ Pudding or Jell-O
- ☐ Vegetable oil
- ☐ Pasta
- ☐ Pasta Sauce

- ☐ Macaroni and cheese
- ☐ Jelly or jam
- ☐ Canned gravy
- ☐ Saltine crackers; snack crackers

Cleaning and Hygiene items

- ☐ Soap
- ☐ Deodorant
- ☐ **Diapers Size 2-7**
- ☐ Dish soap
- ☐ Disposable razors
- ☐ **Feminine hygiene products**
- ☐ **Laundry detergent**
- ☐ **Shampoo**
- ☐ Shaving cream
- ☐ **Toilet paper; paper towels**
- ☐ Toothbrushes and Toothpaste

We also welcome donations of fresh or frozen meats, fresh fruits and vegetables, and milk and dairy products. **Most-needed items are in boldface font.**

Donations typically accepted Monday through Friday between 9:00am and 4:00pm at our centers listed below. See website for details: **www.nhm-pa.org**

Dillsburg Center

99 W. Church St
Dillsburg, PA 17019
717-432-3053

Littlestown Center

1113 Frederick Pike
Littlestown, PA 17340
717-848-0885

Spring Grove Center

1472 Roths Church
Road, Suite 105,
Spring Grove, PA 17362
717-739-4739

Dover Center

62 North Main Street
Dover, PA 17315
717-292-3441

Mechanicsburg Center

5228 E. Trindle Rd
Mechanicsburg, PA 17050
717-766-7333

West Shore Center

701 Bosler Ave
Lemoyne, PA 17043
717-774-6255

Enola Center

110 Altoona Avenue
Enola, PA 17025
717-996-9006

New Oxford Center

154 Enterprise Dr
New Oxford, PA 17350
717-624-4700

Hanover Center

135 Baltimore Street
Hanover, PA 17331
717-698-3365

Red Land Center

539 Old York Rd
New Cumberland, PA 17070
717-774-6255