



HELPING HAND
OF MYRTLE BEACH

FOOD

Food is one of the most requested services of those in need, and Helping Hand of Myrtle Beach is the only full time Pantry in Myrtle Beach. Our agency is dependent on donations from our wonderful community to be able to meet the needs of those who are hungry. Below is a list of food items that are always needed:

- PEANUT BUTTER / JELLY
- MAC & CHEESE
- INSTANT POTATOES
- SPAGHETTI SAUCE
- GRITS (BOXES/INDIVIDUAL PACKETS)
- SPAGHETTI NOODLES OR OTHER PASTA
- OATMEAL (BOXES/INDIVIDUAL PACKETS)
- COFFEE (SMALL BRICKS OR JARS OF INSTANT)
- RICE
- TEA (BAGS OR INSTANT)
- PORK & BEANS
- JUICE (BOTTLES OR POUCHES)
- KOOL-AID
- CANNED OR INSTANT MILK
- HOT CHOCOLATE
- CANNED CARROTS
- CANNED MIXED VEGETABLES

*Please consider giving normal-sized items (in lieu of larger portion sizes) as these are easiest to provide clients.

*When giving, please consider the quality of the items being donated: we cannot take open packaging or expired items.



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NO COOK FOOD

We prepare a one gallon bag of assorted no cook food items for individuals who do not have a way to cook. These bags would be a great group project to prepare for our Pantry, or you can purchase these foods and our volunteers would be glad to put the bags together. Below is a list of food suitable for these bags:

- **CAN OF VIENNA SAUSAGES**
- **POP-TOP MICROWAVE PASTA**
- **POP-TOP BEANIE WEENIES**
- **FRUIT CUP**
- **BOTTLE OF WATER + SINGLE POUCH FLAVORING (I.E. CRYSTAL LIGHT)**
- **POP-TARTS (POUCH OF TWO) OR CEREAL BAR**
- **PEANUT BUTTER CRACKERS (LANCE OR AUSTIN - ANY FLAVOR)**
- **PLASTIC FORK/SPOON AND NAPKIN**

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HYGIENE

We also provide hygiene products for individuals and families in need. We keep family size products on hand for families, but we also make travel size hygiene kits for individuals. Hygiene kits are another great group project and are always needed in our Pantry. Below is a list of needed items:

FAMILY HYGIENE:

- **REGULAR SIZE SHAMPOO AND CONDITIONER**
- **BAR SOAP**
- **TOOTH BRUSHES**
- **LARGE TOOTHPASTE**
- **COMB OR BRUSH**
- **LARGE LOTION**
- **DEODORANT**
- **RAZOR**

INDIVIDUAL HYGIENE (BAG KITS):

- **TRAVEL SIZE SHAMPOO AND CONDITIONER**
- **TRAVEL SIZE BAR SOAP**
- **TOOTHBRUSH**
- **TRAVEL SIZE TOOTHPASTE**
- **COMB OR BRUSH**
- **TRAVEL SIZE LOTION**
- **TRAVEL SIZE DEODORANT**
- **RAZOR**