



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
CEREAL
CANNED MEAT-TUNA/CHICKEN/SPAM
INSTANT POTATOES
SPAGHETTI SAUCE
RAVIOLI
CANNED FRUIT
GRITS (BOXES/INDIVIDUAL PACKETS)
OATMEAL (BOXES/INDIVIDUAL PACKETS)
RICE
PORK & BEANS
JUICE (BOTTLES OR POUCHES)
RAMEN NOODLES
CHEESE/PEANUT BUTTER CRACKERS**

*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.