



# Pantry Needs

HopeWorks maintains a pantry that is available to our clients who need assistance in acquiring essential food, personal and household items. We appreciate your effort in helping us to restock our shelves so we may continue providing this service to the women, children and men of our community who need it.

## SEPTEMBER URGENT NEEDS LIST!

### ACUTE NEEDS:

- **Gas Gift Cards**
- **Canned Tuna and Canned Chicken**
- **Cereal**
- **Granola Bars, Crackers or Goldfish**
- **Sugar, Creamer, and Coffee**
- **Juice Boxes**
- **Baby wipes**
- **Diapers (especially size 4 & 5)**
- **Toilet Paper and Paper Towels**
- **Laundry Detergent**
- **Pop-top canned goods (e.g., ravioli)**
- **Full Size Toothpaste**
- **Tampons and Sanitary Pads**
- **Full Sized Shampoo**

### OTHER URGENT NEEDS:

- Grocery Store Gift Cards
- Hand soap
- Peanut butter and jelly
- Full size body care products

### WE ARE CURRENTLY NOT ACCEPTING

- Canned vegetables
- Clothing
- Shoes
- Infant formula
- Baby food
- Items for premature infants
- Travel-sized toiletries

## REGULAR PANTRY NEEDS LIST

(Note: items in bold are always a high-need item)

### EMERGENCY EASY-TO-EAT FOOD ITEMS

- **Pop-top canned goods** (e.g., ravioli)
- Boxed microwave meals
- **Juice boxes**
- Peanut butter crackers
- **Granola bars**
- School lunch type items
- Instant cup of noodles

### SAFE HOUSE PANTRY ITEMS

- **Soup**
- Pasta and Tomato sauce
- Canned fruit
- **Cereal** (instant hot & cold)
- Women's personal care products
- Toilet paper, paper towels, napkins, tissues
- Advil and Tylenol
- Cleaning supplies (all kinds, especially Clorox wipes)
- Laundry Detergent (High Efficiency)

### ITEMS FOR CHILDREN

- **Diapers** (Size 3 and up)
- Baby wipes
- Baby shampoo, wash & lotion
- **Juice boxes**

If you or your organization would like to donate items from our Urgent Needs List or Regular Pantry Needs List, please call (410) 997 – 0304 or email [volunteer@wearehopeworks.org](mailto:volunteer@wearehopeworks.org)

*HopeWorks' mission is to support and advocate for people in Howard County affected by sexual and intimate partner violence and to engage the community in creating the change required for violence prevention.*