

SUPPORT ELDERHELP'S PANTRY!

DIGNITY "DEPENDS" ON YOU

Maintaining personal hygiene is an important aspect in a person's quality of life. You can make a difference!

We're accepting donations of:

Unisex (no tabs) Depends (Sizes L & XL), Poise Pads, and Liners.



NON-PERISHABLE ITEMS

- Soups (10.75 oz) | with or without meat
- Canned tuna or chicken (5 oz)
- Spaghetti noodles (16 oz packages)
- Fruit jam (11 oz) | regular or sugar free
- Cereal (20 oz)



"I have no money. Your food packages are a lifesaver for me. You're all so kind and caring. I'm so grateful to have you to turn to. I don't know what I would do without you." - ElderHelp Pantry Client

Donate online through our Amazon Wish List at
www.bit.ly/EHfoodpantry

Or contact Carrie McClellan to arrange
delivery/drop off

619-371-4272 | cmcclellan@elderhelpofsandiego.org



ElderHelp's Pantry Hours: T-TH, 9 AM-3 PM

THANK YOU!

