



Our Saviour's Helping Place

“Where church and community work together toward health and wellness of body and soul.”

The Helping Place Shopping Suggestions

While you're at the store...be sure to pick up any of the items listed below for our Neighbor's in need!

Baking:

- ◇ Boxed Pancake Mix
- ◇ Gravy Packets

Condiments:

- ◇ Maple Syrup
- ◇ Honey
- ◇ Peanut Butter
- ◇ Jelly

Cereals:

- ◇ Cold Cereal
- ◇ Breakfast Bars

Pasta & Rice:

- ◇ Spaghetti Noodles
- ◇ Spaghetti Sauce
- ◇ Boxed Mac & Cheese
- ◇ Packaged Potatoes
- ◇ Stuffing Mix
- ◇ Ramen Noodles
- ◇ Hamburger/Tuna Helper

Snacks:

- ◇ Soup Crackers
- ◇ Snack Bars

Canned Goods:

- ◇ Tuna
- ◇ Chicken
- ◇ Soup
- ◇ Beans
- ◇ Baked Beans
- ◇ Vegetables
 Corn, Peas, Beans
- ◇ Fruit
 Peaches, Pears, Pineapple, Fruit Cocktail
- ◇ SpaghettiOs
- ◇ Spaghetti & Meatballs
- ◇ Chili

Household/Toiletries:

- ◇ Dish Soap
- ◇ Toothpaste
- ◇ Tooth Brushes
- ◇ Toilet Paper