



The pandemic has hit families in every corner of the South Hills. Please join us to help our most vulnerable neighbors put food on the table.

## Food Drive

\_\_\_\_\_ (host organization/contact)

\_\_\_\_\_ is collecting food and supplies for thousands of families and individuals who rely on SHIM monthly.

Please leave/drop off your donation at:

\_\_\_\_\_

In advance of our pickup, scheduled for:

\_\_\_\_\_ (date, time)

## More than 6,000 families are turning to SHIM for food this year.

Can you help us stock the three food pantries that serve families across the South Hills?

### Most-needed items

- Dried beans and lentils
- Pasta sauce in jars
- Cereal and oatmeal
- Soup (especially low sodium)
- Canned proteins (tuna, chicken, salmon, beans)
- Diapers sizes 3-6
- Personal care items (shampoo, toothbrushes, toothpaste, deodorant, feminine items, etc.)

### Did you know?



The other 80% is purchased by SHIM from the Greater Pittsburgh Community Food Bank, where our buying power is 500% greater than purchasing food at the grocery store. If you're able, consider making a financial donation at [shimcares.org](http://shimcares.org) or call 412-854-9120 x109 and have 5-times more impact!

## Thank you for being a neighbor helping a neighbor.

For more than 50 years South Hills Interfaith Movement has been helping local families meet basic needs, achieve self-sufficiency and build community. Learn more and join the movement at [shimcares.org](http://shimcares.org).

