

Project Self-Sufficiency's



Nourish to Flourish

FUELING STRONG FUTURES

Market Style Choice Pantry

What We Need:

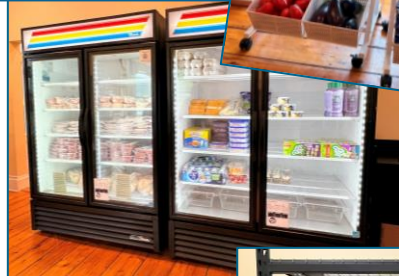
Food:

Fresh seasonal fruits and vegetables
Cheese, milk, eggs, and yogurt
Canned soups and stews
Canned fruits and vegetables
Canned tuna, chicken, and salmon
Coffee
Frozen meals
Pastas and sauces
Peanut butter and jelly

Personal Care:

Diapers and baby wipes
Facial tissue
Feminine hygiene products
Hair care products
Laundry detergents
Shampoos and conditioners
Skin care products
Toilet tissue
Toothpaste

Reusable grocery bags



Monetary Donations Welcome!

Visit www.projectselfsufficiency.org/food

Project Self-Sufficiency - 127 Mill Street, Newton, NJ 07860 -
www.projectselfsufficiency.org