

# **SACK HUNGER. PACK HOPE.**

**Make a gift.  
Hold a drive.  
Join the  
movement.**

Give to our food pantry operations now and your cash donation will have double the impact thanks to generous matching funds from the Casey Family Foundation. Learn more at [shimcares.org](http://shimcares.org).



# **shim**

**SOUTH HILLS INTERFAITH MOVEMENT**

5301 Park Avenue, Bethel Park, PA 15102  
412.854.9120

[shimcares.org](http://shimcares.org)

# SACK HUNGER. FOR GOOD.

Born more than fifty years ago as South Hills Interfaith Ministries by, no kidding, a priest, a rabbi and a minister, SHIM has been providing food, clothing and services to people in need in Pittsburgh's southern suburban neighborhoods ever since.

Together, with teams of dedicated volunteers, donors and partners, we're working to reduce the devastating effects of suburban poverty among the working poor, unemployed, families, single parents, senior citizens, women, and the high concentration of refugee families in our service area.

Last year, we distributed more than 580,000 pounds of groceries and assorted toiletries through our food pantries in Bethel Park, Whitehall Borough, and Baldwin to 3,500 eligible neighbors in need, and 800 families, 65% of whom have children in their homes. 12,000 pounds of produce were grown in our 14 SHIM community gardens.

## **Most Needed Items for SHIM's Food Pantries:**

SHIM purchases many items for our pantries from the Greater Pittsburgh Community Food Bank. At the food bank, our buying power is 500% greater than purchasing food at a grocery store retail prices. Here are our most needed items:

- Dried beans and lentils
- Pasta sauce in jars
- Condiments and spices
- Cereal
- Boxed rice mixes
- Low-sodium soups
- Canned proteins (tuna, chicken, salmon, beans)
- Beverages (juice, tea, coffee)
- Diapers sizes 3-6
- Personal care items (shampoo, toothbrushes, toothpaste, deodorant, feminine items, etc.)
- Seasonally appropriate clothing and outerwear for all sizes and all kids clothing.

For more information about SHIM or to make a donation, contact Seth Dubin, Director of Development, at [sdubin@shimcares.org](mailto:sdubin@shimcares.org) or 412-854-9120x109.