



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 **7,500** people 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
- ☐ Adult diapers
- ☐ Personal care items (shampoo, toothbrushes, toothpaste, deodorant, feminine items, etc.)
- ☐ Pet Food

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 or call 412-854-9120 x109 and have 5-times more impact!

Thank you for being a neighbor helping a neighbor.

For more than 55 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.