



## Items Needed at BEAM

Thank you for helping our neighbors in need! Please return shopping bags filled with items for the Food Pantry at **BEAM: Beaches Emergency Assistance Ministry**. You can drop them off at the Christ Church office during the week or on Sunday when you return to church. Can you help deliver / sort / stock shelves at BEAM? Contact Leila Quinlan for volunteer opportunities: [leila@christepiscopalchurch.org](mailto:leila@christepiscopalchurch.org).

Toothbrushes, toothpaste

Razors

Soap

Deodorant

Shampoo, Conditioner

Diapers

Peanut Butter & Jelly

Pasta

Tuna Helper

Spaghetti Sauce

Tomato Sauce

Baked Beans

Saltine Crackers

Canned Meats

Chicken & Dumplings

Canned Chili, Beef Stew

Canned Ham & Spam

Canned Fruit

Canned Veggies

Canned Soup

Cereal

Grits

Oatmeal

Sugar-free foods

Box shelf-stable milk