



## *Help Feed Those in Need*

Harvest of Hope Pantry provides nutritious supplemental food, at no cost, in a welcoming, non-judgmental, shopping area where people can choose the items they need. We are the only food pantry in Boulder that serves anyone who comes to our door!



### **OUR MOST-NEEDED ITEMS**

#### **Food Items**

- Cooking oil
- Shelf stable milk, plant based milks
- Baby formula, baby food
- Canned chicken, meats, tuna
- Dried beans, pasta, whole grains
- Canned soups (with and without meat)
- Whole grain bars, nut mix, whole grain crackers or chips
- Whole grain, low sugar breakfast (cereals, oatmeal, grains)
- Bottled water

#### **Personal Items**

- Menstrual care (pads and tampons)
- Toothpaste and toothbrushes
- Shampoo, conditioner, and body wash
- Deodorant
- Disposable razors
- Hand warmers
- Sunscreen

*We can't accept: high sugar items (soda, candy, baked goods)  
open packaged food, any clothing or blankets*

**Thank you for your support!**

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## *Donate*

4830 PEARL STREET,  
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Scan Here



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