



It's and hand up, not a handout

Please consider donating – these are the most needed items:

Food Pantry

Canned fruit

Canned meats - tuna, chicken

Canned meals - chili, stew, soups

Hot and cold cereal

Hygiene Products

Toilet paper

Deodorant

Shampoo (travel size or full size)

Powdered laundry soap

Office Supplies

Copier paper

Paper towels

Financial Support

\$70 buys a week of groceries

\$75 buys a prescription

\$150 pays a water bill

\$250 pays for a GED

\$500 pays a month's rent

\$600 pays an electricity bill



Contact Kyle Taylor, Coordinator of Volunteers

972-721-9181 x 209

ktaylor@irvingcares.org

www.irvingcares.org