



More than 4,000 families 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
- Personal care items (shampoo, toothbrushes, toothpaste, deodorant, feminine items, etc.)

The pandemic has hit families in every corner of the South Hills. 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)

Did you know?



The other 70% 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 50 years—and especially during the coronavirus pandemic—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.

