

Qualifications for Assistance

1. Currently live within one of the following zip codes 45342, 45449, or 45439.
2. On INITIAL VISIT bring a current photo ID and a sample of business mail to verify zip code.
3. MUST disclose Monthly Income to ensure eligibility.

Hours of Operation

Monday: 6 – 8 p.m.

Wednesday & Friday: 2 – 4 p.m.

Last Saturday of each month: 10 a.m. – Noon

Call for appointment.

Helping Hands Food Pantry



Some Food for THOUGHT

- Helping Hands served nearly 12,000 people in 2016.
- We currently serve about 300 households or 1000 people per month or 12,000 a year.
- All volunteer staff.
- We depend on monetary donations from local churches, organizations, businesses and citizens. We are a 501(c)3 so donations should be tax deductible, please consult a tax advisor to confirm.
- Administrative costs are less than 1% of our budget.
- Eligible families come to Helping Hands by appointment once a month. They are given food that should last 4 – 5 days. This is to supplement their food stamps or other food sources they may have.
- If you know someone in need please share this information with them.

It all started in 1965, by a few citizens with a purpose. These fellow citizens of Miamisburg created a food pantry to help the less fortunate. It soon became a collaboration with the city's churches.

More than 50 years later, many things have changed but our mission remains the same. Today we purchase most of the food from the Food Bank of Dayton for a reasonable price per pound.

Feed the Heart AND SOUL

Food Drives

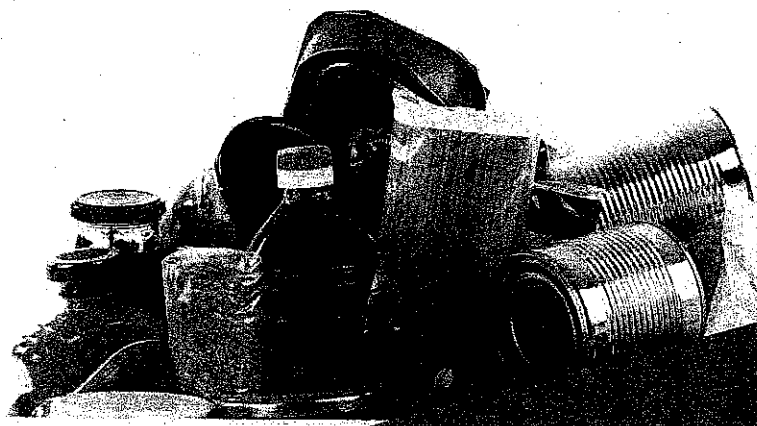
Plan a Food Drive through your organization or business.

Volunteer

Come help us pick up food or with distribution.

Money Donation

Donations should be payable to:
Helping Hands Food Pantry
PO Box 3
Miamisburg, OH 45343



Give Us Your HELPING HAND

Not sure what to donate? The list below gives a few suggestions of what items are needed. NECESSITIES can't be purchased with food stamps or at the Food Bank, so they are always very much in need.

FOOD

- Mac & Cheese
- Tuna
- Soup
- Fruit
- Corn
- Green Beans
- Cereal
- Peanut Butter
- Pork & Beans
- Peas
- Noodles
- Rice
- Pasta Sauce
- Juice
- Boxed Mashed Potatoes

NECESSITIES

- Aftershave Lotion
- Napkins/Tampons
- Laundry Supplies
- Toilet Paper
- Toothpaste
- Shampoo
- Paper Towels
- Deodorant
- Shaving Cream
- Soap
- Powder
- Dog/Cat Food