

Ephrata Area Social Services Grocery Store List

Non-perishable foods

- canned meat
- tuna
- Hamburger Helper
- stew
- pancake mix
- syrup
- peanut butter
- jelly
- spaghetti
- pasta sauce
- cereal
- cookies
- Jello
- pudding
- coffee
- Kool-aid

Other

- bath soap
- laundry detergent

The items listed above are especially needed at EASS, but you are not required to donate all the items listed. This list is just a guide. Any donations are greatly appreciated!