



Helene Relief Donation List

To help us nourish our community, we are welcoming donations of the following nutrient-dense foods. These are optional suggestions to guide those who are able to contribute:

Protein Options: Canned beans, nut butters, canned tuna or salmon, and canned chicken.

Whole Grains: Pre-cooked quinoa or rice, whole grain wraps, muesli, and rolled oats.

Healthy Fats: Canned olives, avocado pouches, shelf stable hummus and nuts & seeds.

Fruits & Vegetables: Canned vegetables, dried fruits, and freeze-dried veggies.

Snacks: Roasted chickpeas, protein/granola bars, protein shakes and whole grain crackers

Please drop off your donations at our hub between 8 AM and 5 PM at
1038 Old US Hwy 70W, Black Mountain.

If you are able to engage suppliers, companies or individuals, especially in this window, please invite them to contact Curt@bountyandsoul.org or info@bountyandsoul.org to offer supplies. For fresh food, contact Claudie@bountyandsoul.org. To donate funds, visit www.bountyandsoul.org or contact Tracey@bountyandsoul.org.

Your generosity means the world to us and our community. Together, we can help each other through this. **Thank you!**

