



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:

SUPPLIES

- **NEW warm coats** (all sizes)
- **NEW warm and durable hats and gloves**
- **NEW warm blankets**

FOOD

- **Protein Options:** Canned beans, nut butters
- **Whole Grains:** quinoa, rice, whole grain wraps, muesli, rolled oats
- **Healthy Fats:** Canned olives, avocado pouches, shelf stable hummus, nuts, seeds
- **Fruits & Vegetables:** Dried fruits **with no added sugars**.
- **Snacks:** Roasted chickpeas, whole grain crackers, and protein bars and granola bars with less than 7g of added sugar.

Please drop off your donations at our hub between 9 AM and 4 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 info@bountyandsoul.org to offer supplies. For fresh food, contact Claudie@bountyandsoul.org. To donate funds, visit www.bountyandsoul.org or contact whit@bountyandsoul.org.

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

