

## Shepherd's Pantry Help List

There are a number of ways to help keep Shepherd's Pantry fully stocked and operating. Thank you for considering any of the options below.

- Financial Contributions – money donations to the Pantry will be used to purchase food from the Tarrant Area Food Bank and other retailers, as well as diapers (which are the most expensive item we hand out).
- Food Contributions – while we get a significant amount of food from the Tarrant Area Food Bank, we must supplement that each week with purchases from local retailers. If you are interested in shopping for and delivering food to the Pantry, here is a list of items we need the most:
  - Canned vegetables (any kind, but corn is the most popular)
  - Canned fruit (any kind, with peaches being the most popular)
  - Mac & cheese
  - Peanut butter

NEW INFORMATION: Food contributions can be dropped off at the Education & Ministry Offices building at 725 E. Lamar Blvd. Someone will be present to receive these donations each Thursday from 10am to noon, and from 3:30pm to 5:30pm. If you would like to drop them off at another time, contact Pastor Mark (contact information is listed at the bottom of this sheet).

- Diaper Contributions – we attempt to give out diapers to every family that asks for them. We hand out a range of sizes, from newborn to toddler pull-ups. We will gladly accept any size diapers, with sizes 4, 5 and 6 being what we go through the most. Any brand diaper is acceptable. Donations can be brought by at the times listed above for the food. Diapers can also be purchased online and mailed to the church. We have found that Walmart.com has the cheapest diapers, but any retailer is fine. The shipping address for the diapers is:

Shepherd of Life Lutheran Church  
715 E. Lamar Blvd.  
Arlington, TX 76011

- Boxes – we box up all of the food that we hand out, so we are going through over 200 boxes each week. The best boxes are medium sized that can fit 15 or so food items in them, like cans of vegetables and pasta.

For more information about the Food Pantry, contact Pastor Mark Hadley at [markhadley23@gmail.com](mailto:markhadley23@gmail.com) or at 817-915-4001.