

## You Can Help

Your generosity will allow the HHFP to continue serving residents of the Pascack Valley who need emergency food assistance.

Please send your check or supermarket gift card to:

### *Helping Hand Food Pantry*

349 Hillsdale Avenue  
Hillsdale, NJ 07642

Or call 201-664-0600

*Yes! I want to make a difference!*

*I'm enclosing a donation of \_\_\_\_\_.*

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

*Your donation is tax deductible.*

THANK YOU!

**Helping Hand Food Pantry**  
349 Hillsdale Avenue  
Hillsdale, NJ 07642

# Helping Hand Food Pantry



**A Cooperative Ministry of the  
Hillsdale Christian Churches**

## Who We Are

***The Helping Hand Food Pantry (HHFP) is a cooperative ministry of the Hillsdale Christian Churches, united in the name of Jesus Christ, and supported by other volunteers in the community, who join their hearts, hands, time, energy and resources to provide food for those in need.***

The **HHFP** traces its roots to two separate food pantries in Hillsdale. In the mid 1970's, St. John the Baptist Roman Catholic Parish established an active food pantry operated by its Human Concerns Ministry. An Eagle Scout candidate organized a town-wide food drive in 1992. The Hillsdale Public Health Nurse and the Welfare and Social Services Director for Hillsdale and Westwood continued this effort by establishing the "Hillsdale Helping Hand Food Pantry," housed at the Hillsdale United Methodist Church.

In 1998, the Hillsdale Clergy Association approved a proposal to unite and sponsor one food pantry as an ecumenical ministry. Today, the **HHFP** has active support from the churches, other houses of worship, local organizations, and businesses.

### **Founding Churches:**

Hillsdale United Methodist Church  
Holy Trinity Episcopal Church  
Pascack Bible Church  
St. John the Baptist Roman Catholic Church

## Did You Know?

### ***Helping Hand Food Pantry...***

Is a free-standing, non-profit charitable organization granted 501c3 (tax exempt) status by the IRS.

Is governed by a Board of Trustees comprised of representatives of the supporting churches and a Member at Large.

Is entirely staffed by dedicated volunteers from our community.

Has no administrative expenses.

Relies entirely on private donations, fundraisers, food drives, and grants to serve those in need.

Serves more than 400 neighbors in the Pascack Valley area every month.

Has covered outdoor receptacles where non-perishable food products can be donated 24 hours a day.

Is located in:

The Hillsdale United Methodist Church  
Magnolia Avenue (south entrance)  
Hillsdale, NJ  
(201) 664-0600

### **Hours of Operation:**

Monday: 5:30-6:45 pm  
First Saturday of month: 9-11 am

## Needed Items

While there are needs for a variety of food items, the following are always in demand:

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- **CANNED FRUIT & VEGETABLES**
  - **CANNED MEAT & TUNA**
  - **APPLESAUCE**
  - **KETCHUP**
  - **RICE**
  - **FLOUR**
  - **SUGAR**
  - **VEGETABLE OIL**
  - **PEANUT BUTTER & JELLY**
  - **MAYONNAISE**
  - **HOT & COLD CEREAL**
  - **SUPERMARKET GIFT CARDS**

*To ensure the safety and health of the people we are ministering to, we require that all food items be unopened, and still within manufacturer's recommended "sell by" date.*

*For donations of perishable, fresh or frozen foods please call ahead.*