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Monroe County United Ministries

Self-Sufficiency Center

Basic Needs Assistance



FOOD PANTRY

You can select your own food in our client choice food pantry. Our pantry provides a 3-day supply of food to each member of your family, up to 8 people.

The Food Pantry is available once per calendar month (once in January, once in February, once in March, etc.)



CLEANING & HYGIENE SUPPLIES

Choose up to six (6) items from a list of available cleaning and hygiene products donated by the community. Our selection varies daily.

Cleaning & Hygiene supplies are available once every 6 months.



CLOTHING & HOUSEHOLD GOODS

List out the clothing (shirts, pants, shoes, etc.) and household goods (towels, bed sheets, dishes, etc.) your family needs on a voucher valid at the **Opportunity House** - a secondhand shop just down the block. Vouchers are valid for **30 days** and may not be extended (even if unused), but you may shop many times while your voucher is active.

Opportunity House vouchers may be issued once every 4 months.



DIAPERS AND FEMININE CARE

Collect a bundle of 20-30 diapers and wipes (when available) for each child in diapers. We also offer your preference of feminine care products (tampons, pads, or liners).

Diapers and Feminine Care Products are each available once every 3 months.

Learn more about our personalized coaching program, **Your Path**, or **Rent/Utility Assistance** (by appointment only) by speaking with a coach!

MCUM's

New!

Food Pantry Hours

**(Includes cleaning & hygiene items and
Opportunity House vouchers)**

Monday 12pm to 6pm

Tuesday 12pm to 6pm

Thursday 12pm to 5pm

Friday 12pm to 5pm

**CLOSED ON
WEDNESDAYS**