



# BREAKTHROUGH

EPISCOPAL SOCIAL SERVICES

## HYGIENE PANTRY

Federal nutrition programs such as SNAP and WIC focus solely on food. Participants in those programs cannot use those benefits for personal hygiene items. ESS does offer packets of hygiene items for those who come in and request it: individually-sized shampoo and conditioner, sunscreen, deodorant, lip balm, soap bars, lotion, feminine hygiene products, baby diapers, toothbrushes and toothpaste, shaving cream, disposable razors, laundry soap, toilet paper or... [cash for these items.](#)

## FOOD PANTRY

These are items we store and distribute for those who are connected to one of our programs and request a food sack. Items include: Meals in a can (soup, stew, chili) or box; tuna or canned chicken; peanut butter; canned foods with pop-top lids; canned fruit in its own juice or water; low-sodium canned vegetables; olive or canola oil; spices; low-sugar whole grain cereals; healthy snacks (granola bars, nuts, dried fruit), infant formula. Any food items donated that are beyond the expiration date, or exposed due to package failure will be discarded.

## KITCHEN PANTRY

We serve the hungry between 8:15 – 9:00 am, Monday through Friday. Although we receive goods from the Kansas Food Bank and have some FEMA funds available to us, it doesn't go as far as we need it to. Sometimes, the food bank doesn't have fresh ingredients, or they're out of items for a period of time. We can always use: large cans of vegetables or fruit, rice or quinoa, fresh vegetables and fruit, fresh meats that can be stored and served within a week, pasta, condiments, spices, large cans of tomato sauce, dry goods in quantity. Paper goods are also needed, such as napkins and paper plates.

## TURNING POINT PANTRY

At Breakthrough, we work with individuals whose resources are very limited. All of our clients are dealing with poverty in one way or another. It's particularly difficult for homeless persons. Homelessness can occur with a quick spiral of events, or it can be the result of a long-standing mental illness. When someone loses a place to live, their life feels even more out of control. Regardless of the reason for it, just building one's financial, spiritual, emotional and social resources after homelessness can be daunting. As we work with individuals on employment or financial management, or stabilizing with a mental illness, it can be difficult to build one's life with the things that make a household. That's where you can help. Our Turning Point Pantry is designed to help individuals with a start on a household. The need is great across Wichita, but our focus with the pantry is limited to helping those who are participating in one of our other programs (Payee, Employment, Breakthrough, etc.) In this way, we have a chance to work with people in a holistic way.

Our immediate pantry needs are below. There are a few items that take a high priority, and they've made it to the top of our list (below). All other items are helpful and necessary for some. If you have these items and can donate them, we would be grateful!

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### **Can Openers, Towels, Trash bags, Detergent**

Laundry Basket or Bag / Detergent; Waste Baskets; Broom / Mops

Pillows / Pillow cases / Sheets; Comforters or Blankets; Vacuum Plastic Storage Containers / Food Storage Bags;

Flatware / Kitchen Knives / Cups; Mixing bowls / Serving Bowls

Pots / Pans / Skillet

Cleaning Chemicals / Supplies; Toilet Brushes / Plungers; Pest Control (flea, roach, mouse, bed bug)

or.... [cash for these items.](#)

*Deliver to: 1010 N. Main, Wichita, KS 67203 or call 316-269-4160*