



# Welcome to Monroe County United Ministries' **Self-Sufficiency Center**

## How can we help you today?



### **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!