

# GOOCHLAND CARES

Free Clinic and Family Services

*Thank you for supporting your neighbors in need.  
Especially now, your in-kind donations are greatly appreciated.*

## **FOOD PANTRY**

most needed items:

Soup, Beans, Canned fruits and vegetables, Canned meat—tuna and chicken, Cereal and oatmeal, Laundry detergent, Dish soap, Feminine hygiene products, Deodorant, Shaving cream, Toothpaste, Shampoo, Toilet paper, Bar soap

Family and individual sized portions are preferred for distribution to our clients and their families.

## **MEDICAL CLINIC**

most needed items:

Masks—surgical or N95  
Non-latex gloves  
Tylenol or Ibuprofen (in sealed containers)  
Cold medicine (in sealed containers)  
Vitamins  
Eye drops  
Allergy and cold medications  
Antacids (i.e. Tums, Rolaids)

**DROP OFF DONATIONS FOR FOOD PANTRY and MEDICAL CLINIC**  
in bins/boxes at far end of the building just outside the Food Pantry.

*You may also purchase items through your favorite online retailer!*  
SHIP TO: GoochlandCares, 2999 River Road West, Goochland, VA 23063.

**Amazon Wish List at: [www.bit.ly/wishlistgoochlandcares](http://www.bit.ly/wishlistgoochlandcares).**

# THANK YOU!

**GoochlandCares.org**

**804-556-6260**