



The Golisano Autism Center and AutismUp help people with autism and their families.





**Everyone needs help
sometimes.
Some people don't have
enough food to eat, or
the things they need to
keep themselves
healthy or their homes
safe.**















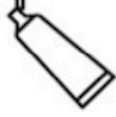









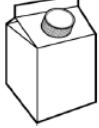
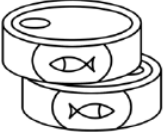




**The Golisano Autism
Center has a pantry
outside.**

**Anyone can come and
take what they need.**



**We are going to help
keep the pantry full.
We might have things at
home, or we can go to
the store to buy the
things people need.**

These are the kinds of things people take from the pantry. We don't need to bring everything on the list. We can bring other things that are not on the list. Lots of people are helping to keep the pantry full.

Toilet Paper	Hand Sanitizer	Detergent	Pasta
			
Paper Towels	Granola Bars	Canned Pasta	Pasta Sauce
			
Tissues	Soap	Shaving Cream	Mac & Cheese
			
Toothpaste	Deodorant	Razors	Fruit Cups
			
Toothbrush	Spray Cleaner	Cereal	Vegetables
			
Shampoo	Dish Soap	Boxed milk	Tuna
			
Rice	Peanut Butter	Juice	Beans
			



I can bring over items for the pantry when I come to the GAC or to AutismUp. People take what they need every day from the pantry. So I can come any time that works for me.

We can drive right up to the pantry and put the items inside.



It feels good to help others get what they need. We take care of each other!