



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CONNECTING PEOPLE WHO CARE WITH CAUSES THAT MATTER

## FOOD DRIVE

### WHEN

Nov. 14-22

### WHERE

Tri-Cities  
Family YMCA

We are collecting healthy canned and other dry goods, which we will donate to local families through LOVE INC. In anticipation for the upcoming holiday season, help us **support local families!** This is a meaningful way to **GIVE BACK** and strengthen the foundations of our community locally.

**PLEASE DONATE HEALTHY FOODS**



#### Suggested items to donate:

- Canned vegetables (low sodium or no salt preferred)
- Vegetable juice with no salt added
- Canned fruit in 100% juice
- 100% fruit juice
- 100% whole grain bread or pasta; brown rice
- Whole grain cereals without added sugar
- Dried or canned beans with no added salt
- Canned chicken or tuna in water
- Peanut Butter
- Shelf-stable low fat dairy products (boxed or dry milk)
- Soup with less than 400mg sodium per serving



**TOGETHERHOOD®**

NON-PERISHABLE FOOD DRIVE

"TOGETHER WE CAN"

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