

EASTSIDE'S MONTH OF CONCERN FOR THE HUNGRY



September 24–October 22, 2011

Join your neighbors and friends to help fill our local foodbank shelves, and feed your neighbors in need.



ITEMS MOST NEEDED

- Peanut butter
- Canned vegetables
- Canned fruit
- 100% fruit juice
- Dry pasta
- Canned spaghetti sauce
- Cereal/Oatmeal
- Canned stew
- Chili
- Canned soup
- Canned beans
- Canned meat and tuna
- Rice
- Dried Beans
- 1 qt envelopes of powdered milk
- Vegetable oil
- Macaroni and cheese
- Jars of baby food (1st & 2nd foods only, please)
- Nutrition shakes (Ensure, Boost, etc.)

Log on to find locations:

www.eastsideforum.org/fooddrive/

Donation sites located throughout East King County.

