**ITEMS THAT ARE MOST NEEDED FOR HUNGER AWARENESS MONTH FOOD DRIVE!**

* 1 % or Fat Free Milk that does not need to be refrigerated. (Parmalat Milk and Powdered Milk)
* Cereals that are high in Fiber: Examples: Bran cereals, Oats and Wheat cereals.
* Oatmeal
* Rice preferably Brown Rice in 2 lb bags.
* Spaghetti and Tomato Sauce
* Whole Wheat Pastas
* Canned Potatoes or Yams.

* Canned Vegetables and Fruit!!
* Carrots, Spinach Greens and Corn.
* Canned Oranges, Peaches, Pineapple. (Packed in Juice or Light Syrup!!)
* Canned Tuna, Salmon and Chicken (Packed in water).
* Canned Beans, Kidney Beans, Goya Beans, Dry Beans etc.

FOOD DRIVE STARTS NOVEMBER 5th AND GOES to NOVEMBER 21ST!!!!

"Keep People Alive Support The Food Drive!!"