

Hunger Awareness Month Food Drive

At Fordham Prep

TOGETHER WE CAN!

Items most needed are:

- 1% or Fat Free Milk that does not need to be refrigerated (parmalat Milk or Powdered Milk)
- Cereals that are high in Fiber: Bran cereals, Oats and Wheat cereals
- Rice preferably Brown Rice in 2 lb bags
- Spaghetti and Tomato Sauce
- Whole Wheat Pasta
- 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.
- NO RAHMAN NOODLE OR INSTANT SOUP

