

# We're hosting a food and fund drive!

## Suggested Items:



Canned Tuna, Chicken, & Salmon

**Canned Fruits**  
(Packed in juice or light syrup)

**Canned Veggies**

Natural Unsweetened Applesauce

Brown, Wild, & White Rice

Peanut Butter & Jelly

**Pasta**

Canned or Dry Beans, Peas, Lentils

100% Juice Boxes

Healthy Snacks

Unsalted Nuts

Hot & Cold Cereal

Cooking Oils

Ready-To-Eat Canned Meals

Canned Dry Beans

Soup (low sodium)

### Did You Know...

- Over 132,000 people in Monmouth and Ocean Counties receive emergency food?
- Out of every five people that receive emergency food from a food pantry, two are children?

Last year, Fulfill provided over 13 million pounds of food through our network of 300 feeding programs!

*Find out more at*

*No glass containers please!*

Date/Time: \_\_\_\_\_

Location: \_\_\_\_\_

Hosted by: \_\_\_\_\_