

UUCTC Social Justice Committee

Presents a February...

FOOD DRIVE

Help Us, Help Others

- Boxed meals — Hamburger Helper, Zatarain's, Hormel Complete, Old El Pas
- Canned meals — beef stew, chili, pasta with meat
- Canned meats, canned tuna
- Canned vegetables & fruit
- Cereal — boxed, oatmeal
- Pancake mix, biscuit mix
- Peanut butter
- Fresh produce — fruits & vegetables
- Toilet paper
- Shelf-stable milk
- Foods high in protein such as canned meats and canned or dried beans
- Foods high in nutrients, such as canned fruits and vegetables (preferably with reduced sodium and reduced sugar)
- Whole-grain foods such as brown rice, whole grain cereal and whole-wheat pasta
- Soups, chilies and stews (preferably with reduced sodium and reduced fat)
- 100 percent fruit juice (canned, plastic or boxed)
- Unsaturated cooking oils
- And other nutritious, "healthy-choice" foods (preferably with reduced fat, sodium and sugar)



Drop-off Locations:

Narthex & Fellowship (by exit on Smiley Street)



Benefits St. John's/LUM Food Pantry.

Help Make a difference!