

Hunger Action Month[®]

Each day add an item to a box. On September 30, drop off your box at the Food Bank.

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|-----------------------------------|-----------------------------------|---|--|---|--|
| 1.
Box of Cereal | 2.
Jar of Peanut Butter | 3.
An Unopened Toothbrush & Toothpaste | 4.
Box of Granola Bars | 5.
Container of Your Favorite Spices | 6.
Canned Fruit |
| 7.
Package of Whole Grain Rice | 8.
Canned Tuna | 9.
Box of Diapers | 10.
Package of Snack-sized Applesauce | 11.
Canned Chicken | 12.
Canned Green Beans |
| 13.
Canned or Dried Beans | 14.
Box of Crackers | 15.
Package of Paper Towels | 16.
Box or Canister of Oatmeal | 17.
Package of Whole Grain Pasta | 18.
Box of Instant Mashed Potatoes |
| 19.
Can of Chicken Noodle Soup | 20.
Can of Chili | 21.
Bag or Can of Dog Food | 22.
Canned Vegetables | 23.
Raisins | 24.
Canned Corn |
| 25.
Mac & Cheese | 26.
Fruit Cups Packed in Juice | 27.
Deodorant | 28.
Bag or Can of Cat Food | 29.

Share your efforts on Social Media!
@shmetrolina | 30.

Deliver Your Box to the Food Bank! |

Pop top cans and microwavable cups preferred. Low sodium and sugar preferred. Please visit SecondHarvestMetrolina.org to find your closest branch.