

HUNGER FREE HOLIDAY

OCTOBER 1 – DECEMBER 24, 2018

Having consistent access to healthy food helps ensure that children don't need to worry about their next meal which, in turn, makes for happier, healthier kids.

Shockingly, though...

**Together we can bridge
the holiday hunger gap!**

Our goal is to distribute 5,000 bags of non-perishable food items to children before they go on their holiday break.



**These bags cost, on average, \$42.
That's \$3 X 14 days = \$42 per child.**

- ◆ **HOST A FOOD COLLECTION BOX. WE DROP OFF & PICK UP.**
- ◆ **DONATE ITEMS FROM THE SHOPPING LIST. (SEE REVERSE)**
- ◆ **MAKE A MONETARY DONATION AT www.ccrcca.org/hungerfreeholiday**



CCRC cultivates child, family and community well-being. 866-67-4KIDS | www.ccrcca.org |    

CCRC is a Non-Profit 501(c)(3) 95-3081695

HUNGER FREE HOLIDAY



SHOPPING LIST

NON-PERISHABLE ITEMS ONLY

- 1 BOX INSTANT OATMEAL (VARIETY PACK)
- 1 BOX CEREAL (CHEERIOS, KIX OR OTHER LOW SUGAR)
- 1 BOX GRANOLA BARS
- 1 BOX CRACKERS (RITZ OR CLUB)
- 1 BOX GRAHAM CRACKERS
- 1 JAR PEANUT BUTTER
- 1 JAR JELLY
- 2 CANS TUNA FISH
- 1 CAN WHITE CHICKEN MEAT
- 2 CANS FRUIT (MIXED, MANDARIN ORANGES, PINEAPPLE, PEACHES)
- 1-1 LB BAG/BOX OF PASTA
- 1 CAN PASTA SAUCE (PLAIN RED)
- 2 BOXES MACARONI & CHEESE
- 3 CANS VEGGIES (MIXED, CORN, GREEN BEANS)
- 1-1 LB. BAG/BOX WHITE RICE
- 2-1 LB. BAGS/BOXES BEANS (PINTO, BLACK)

*NO GLASS CONTAINERS.

*NO EXPIRED OR OPENED FOOD WILL BE ACCEPTED.

