



## Help us end hunger in Mercer County

We know you care. Sometimes it's hard to know where to start.

Summer meals are critical because children who are eligible to receive free or reduced breakfast and lunch at school no longer have access to those meals.

*Help stock local food pantries for the summer!* Purchase a grocery bag with nonperishable food items and take it to your local food pantry.

**Shopping not your thing?** Consider hosting a food drive at your place of business before Labor Day, we can show you how! Contact Denise Daniels at denise.daniels@uwgmc.org.

## To promote nutrition and healthy eating, consider donating the suggested nonperishable food items:

- Olive and Canola Oils
- · Vinegar or lemon juice
- Broths (low sodium or no salt)
- Spices: garlic, pepper, cinnamon, oregano, parsley, chili powder, dill etc.
- Canned tuna, chicken or salmon
- Beans (canned or dried)
- Split peas and lentils
- Whole grain pasta, brown rice or quinoa
- Canned vegetables (low sodium or no salt)
- 100% fruit juice
- Breakfast cereal and oatmeal (whole grain or low sugar)
- Applesauce (no sugar added)
- Peanut butter (18 oz plastic)
- Shelf stable low-fat milk
- Dry-grated Parmesan Cheese

\* Plastic containers preferred

IN PARTNERSHIP WITH

MERCER TREET

FRIENDS

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## WHERE THE MEALS GO



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