



UNITED WAY

Greater Mercer County

STRIKE OUT HUNGER

3444 Quaker Bridge Road, Building 3, Suite 101, Hamilton, NJ 08619, 609-896-1912

HELP US ALLEVIATE HUNGER IN MERCER COUNTY

Strike Out Hunger is a multi-prong initiative that unites companies, individuals and advocates to alleviate hunger in Mercer County. There are 61,171 local families struggling to make ends meet and to put food on their table.* Non-perishable donations will go to food pantry beneficiaries during the summer months when food becomes even more scarce for households in our community.

*Source: United Way NJ ALICE Report 2020 & Feeding America 2020

Help stock local food pantries for the summer! Purchase a grocery bag and fill it with nonperishable food items.

To promote nutrition & healthy eating consider donating the suggested non-perishable food items:

- 100% fruit juice
- Applesauce (no sugar added)
- Noodles/Pasta
- Beans (canned or dried)
- Broth (beef, Turkey, Chicken, Vegetable)
- Canned tuna, chicken, sardines or salmon
- Canned vegetables (low sodium or no salt)
- Cereal and oatmeal (whole grain or low sugar)
- Corn Meal
- Maseca Flour
- Whole grain pasta, white rice, brown rice, or Quinoa
- Refried Beans
- Peanut butter
- Jelly
- Tomato Sauce/Paste
- Coconut Milk
- Condensed milk
- Evaporated milk
- Shelf stable low-fat milk
- Diced Tomatoes
- Olive & Canola Oils
- Vinegar or Lemon Juice



www.uwgmc.org/soh



Items are suggestions only. Please do not donate expired items and no glass containers.



MERCER STREET
FRIENDS

In partnership with



JFCS
OF GREATER MERCER COUNTY

help · hope · healing