

## **Preston & Steve's Camp Out For Hunger**

**Monday, December 2nd – Friday, December 6th**

Philabundance has provided us with a list of the healthy food items they are seeking for the community:

- **Creamy peanut butter** (Plastic containers only)
- **Canned/shelf-stable meats** (Including tuna)
- **Shelf stable white milk**
- **Canned beef stew**
- **Canned chili**
- **Breakfast cereal or hot cereal**
- **Nuts/ trail mix**
- **Whole wheat pasta**
- **Brown Rice**
- **Jelly** (Plastic containers only)
- **Canned fruits & vegetables** (low salt, no high fructose corn syrup)

Only boxes, cans, plastic containers or non-breakable jars and which do not have to be refrigerated can be collected.

### ***PLEASE DO NOT DONATE:***

- Beverages of any kind, including bottled water, juice or sugary drinks
- Potato chips, cookies and other unhealthy snacks
- Seasonal Items (i.e. cranberry sauce, pumpkin pie mix, peppermint flavored items, holiday themed items)

- Bread and baked goods (which go bad quickly)