

DATES: Wednesday, April 6, 2022

Thursday, April 7, 2022

TIME: 10:00 AM – 2:30 PM

DELIVER TO: Sandy Rubin, 5 Steeple Road

Nina Tapia, 180 Diamond Spring Dr Sandie Bowen, 12 Cobblestone Blvd

NJ RISE WILL DISTRIBUTE DONATED FOOD TO 400+ LOCAL, FOOD-INSECURE FAMILIES EACH WEEK

<u>SUGGESTED FOOD ITEMS</u>

CEREAL/OATMEAL
INSTANT BREAKFAST DRINK MIX
CANNED TUNA/SALMON
MACARONI & CHEESE
PASTA
PASTA SAUCE
PEANUT BUTTER
JELLY
INSTANT POTATOES

RICE

CANNED VEGETABLES
DRY OR CANNED BEANS
CHICKEN OR TURKEY BROTH
CANNED SOUP
FRUIT JUICE
HEALTHY SNACKS
GRANOLA BARS
CANNED OR DRIED FRUIT
CRACKERS
NUTS