

FOOD DRIVE!!

Bonita Canyon is hosting a food drive for

FAMILIES FORWARD

DIGNITY • EMPOWERMENT • HOPE

You can earn a **STAR STUDENT TICKET** for bringing items

Tuesday, Nov. 6-Friday Nov. 16

Bins will be located at the front and back of school before school starts.

MOST NEEDED ITEMS:

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| <input type="checkbox"/> Beans (kidney, black, pinto) (LS) | <input type="checkbox"/> Canned vegetables (LS) |
| <input type="checkbox"/> Canned chicken, fish, & beef (LS) | <input type="checkbox"/> Canned tomato products (LS) |
| <input type="checkbox"/> Peanut butter (NS) | <input type="checkbox"/> Pasta (dried) (WG) |
| <input type="checkbox"/> Cereal (WG) | <input type="checkbox"/> Crackers, healthy snacks (WG) |
| <input type="checkbox"/> Spaghetti sauce | <input type="checkbox"/> Fruit juice, boxed juices (LS) |
| <input type="checkbox"/> Hearty canned soups/chowders (LS) | <input type="checkbox"/> Baby food & baby formula |
| <input type="checkbox"/> Plain rice (brown preferred) | <input type="checkbox"/> Diapers (medium/large) & wipes |
| <input type="checkbox"/> Chili, stews (LS) | <input type="checkbox"/> Toilet paper, paper towels, tissues |
| <input type="checkbox"/> Canned fruit (NS) | |

** LS = Low Sodium

**NS = No sugar added

**WG = Whole Grain or High Fiber

Families Forward exists to help families in need achieve and maintain self-sufficiency through housing, food, counseling, education, and other support services. Want more information? Please email: info@Families-Forward.org or visit: www.Families-Forward.org

