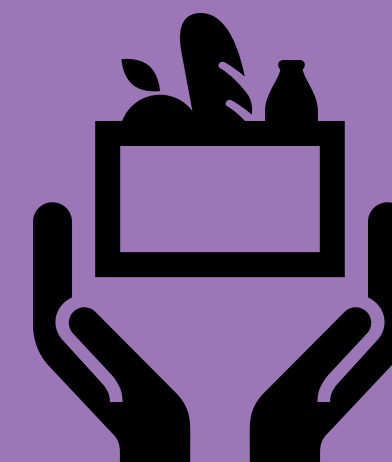




**Thank you
for your
support!**

Donations are always welcome.



If you wish to donate, please adhere to the menu items listed below. Items not on the menu, unfortunately, cannot be accepted. Our menu has been designed to be nutritious, easily created into meals, wholly nourishing, and to create bags that can be carried by children of all ages relatively easily. In lieu of food, cash donations can be made to United Way NNY with "WCS D Food 4 Families" in the memo line.

Food 4 Families Menu

**no bulk sizes, please*

- Peanut butter (plastic)
- Jelly (plastic)
- Oatmeal packets (low sugar)
- Spaghetti sauce (cans or plastic jars)
- Cereal (low sugar)
- Canned vegetables (low sodium, if possible)
- Canned fruits (in juice, no sugar added, if possible)
- Canned soup (low sodium, if possible)
- Tuna fish or chicken (cans or pouches)
- Brown rice
- Canned beans
- Canned chili or beef stew
- Macaroni products (whole grain)
- fruit bars or granola bars (low sugar/whole grain)

