



JOIN THE FIGHT AGAINST HUNGER

Help feed our food-insecure neighbors with **Students Change Hunger!** It's easy to get involved:

1. **COLLECT** nonperishable food items
2. **FUNDRAISE** with your friends and family – join a team or start your own at donate.foodbanksj.org/sch23
3. **DROP OFF** your donations with the Food Bank of South Jersey & get ready for the results!

This statewide competition ends until January 12, 2024.
Learn more at foodbanksj.org/studentschangehungers.



MOST-NEEDED ITEMS

High Protein Items

- Peanut butter
- Canned tuna or salmon
- Canned chicken or ham
- Beans – canned or dry
- Peanuts, sunflower seeds, almonds

Fruits & Vegetables - Low salt and in water (not syrup)

- Vegetables (canned)
- Fruit (canned)
- Fruit cups
- Applesauce
- Dried fruit (raisins, cranberries, prunes)

Meals

- Canned soups & stews
- Chili
- Ravioli, Spaghettios, etc.

Grains & Breakfast

- Breakfast cereals (whole grain)
- Oatmeal
- Rice
- Pasta (whole grain)
- Complete pancake mix
- Mac & cheese
- Granola bars

Holiday Items

- Stuffing mix
- Cranberry sauce
- Instant mashed potatoes
- Gravy
- Canned pie fillings

We **CANNOT** accept items that are: glass, previously opened or repackaged, unlabeled, damaged, or homemade