



JOIN THE FIGHT AGAINST HUNGER

Help create a food-secure future for South Jersey 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/sch24
3. **DONATE** your collected items to the Food Bank of South Jersey

This statewide campaign ends until January 27, 2025.
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