

SUGGESTED FOOD ITEMS



GRAINS

- Rice
- Oats/Oatmeal
- Pasta Noodles
- Hamburger Helper
- Ramen Noodles
- Mac & Cheese
- Crackers (Any Kind)
- Stuffing
- Cereals
- Cake Mix

PROTEINS

- Canned Tuna/Meat
- Canned Beans
- Roasted Nuts
- Peanut Butter
- Granola Bars

CONDIMENTS

- Canola, Sesame or Olive Oil
- Salt & Pepper
- Ketchup
- Mustard
- Spaghetti Sauce
- Jelly
- Honey
- Spices

OTHER

- Jello
- Vegetables
- Fruit
- Instant Potatoes
- Dry Milk

HAVE AN ABUNDANCE IN YOUR GARDEN?

Fresh Vegetables, Fruit, and Herbs are a great, healthy option

Pop-top cans are needed most
NO GLASS OR BULK ITEMS PLEASE



Associated
CHURCHES
of Fort Wayne & Allen County

NEIGHBORHOOD
FOOD NETWORK

602 E. Wayne St.
Fort Wayne, IN 46802
260-422-3528

AssociatedChurches.org

ALLEN COUNTY NEEDS YOUR HELP

How can you get involved?

1. Organize a food drive

It's easy! Grab your church group, book club, or coworkers and hand out flyers. Designate a spot for food drive donations. Make it fun!

2. Drop off an individual donation

Don't have time to organize a food drive? Check out our food suggestion list (on the back) and pick up some extra items at the grocery store. Deliver your donations to Associated Churches or your nearest food pantry. Visit associatedchurches.org for a list of local food pantries.

3. Make a monetary donation

Make your dollar go further. Give a financial donation to the Neighborhood Food Network. We can purchase food items in bulk and at discounted prices.

4. Spread the word

Let your friends know about Hunger Action Month. Share about food insecurity in Allen County on your Facebook page and tag Associated Churches. Make it a conversation point at your next small group meeting. Let's fight hunger!