



## **“RISE AND SHINE” Food Drive**

Holy Apostles Philoptochos has decided to once again host collection drives for the less fortunate in our neighboring communities. Our first collection will be a September food drive to benefit the People’s Resource Center food pantry in Wheaton. Collection bins have been placed in the multi-purpose room outside of HARC and will remain there through September 30<sup>th</sup>. Please donate healthy, non-perishable, **breakfast** food items. Since the focus is on children’s nutrition and health, you are encouraged to donate high protein, low sodium, low or no-sugar added items. Some suggestions:

- Oatmeal or mixed grain hot cereal
- Cold cereals – shredded wheat/toasted oat/granola/whole grain
- Raisins/dried fruit/nuts (almonds or walnuts)
- Almond and peanut butter
- Fruit spreads
- Evaporated milk
- Canned fruit in juice/no-sugar added juice

Together, we hope to make a difference. Your support is greatly needed and appreciated!