

SPMS - Food Drive

NOVEMBER 1 - 14, 2018

SPMS beginning our canned food drive. The food collected will go directly to the Saint James Food Bank to help members of the South Pasadena community.

We set a goal for all students to bring 5 cans per student. Canned, boxed, and packaged items are all acceptable as long as they are non-perishable. Please consider the fact that we want to provide healthy food options. We would prefer 5 cans of soup/veggies to 10 packages of Top Ramen which are not a healthy choice for our needy population. We hope that families will donate whatever they can to the food drive, it may be more, it may be less, we appreciate any help you can provide.

Below is a list of some of the foods that are most desired by the St. James Food Banks, consider taking this list with you as you go grocery shopping.

The best non-perishable foods to donate

1. canned beans
2. dry beans
3. peanut butter, or other nut butters
4. rolled oats
5. canned fruit juice, not in light or heavy syrup
6. canned vegetables, with no or low-sodium
7. low-sodium soups
8. canned tuna in water
9. canned chicken
10. brown rice
11. quinoa
12. nuts, unsalted
13. shelf stable milk and milk substitutes
14. whole grain pasta
15. low-sodium pasta sauce
16. canned stews
17. unsweetened apple sauce
18. whole grain, low sugar cold cereals
19. canned tomatoes
20. dried fruits, no sugar added

Food Drive



Please keep the following in mind as you choose your items to donate

- Canned goods with pop-top lids are better than canned goods that require a can opener.
- Avoid foods packaged in glass.
- Do not donate foods that are passed the expiration date.

Please keep donated items in bags/boxes in your **HOMEROOM** until 11/14/16

**Thank you for all that you and your family does for the
South Pasadena Community**