



# UNITED WAY

## Greater Mercer County

# STRIKE OUT HUNGER

3444 Quaker Bridge Road, Building 3, Suite 101, Hamilton, NJ 08619, 609-896-1912

## HELP US ALLEVIATE HUNGER IN MERCER COUNTY

**Help stock local food pantries!** Purchase a grocery bag and fill it with nonperishable food items.

To promote nutrition & healthy eating consider donating these suggested non-perishable food items:

- Rice or quinoa
- Beans (kidney, black, pinto, black eyed peas, pigeon peas, refried) (canned or dried)
- Broth (beef, turkey, chicken, vegetable)
- Lentils/split peas
- Noodles/pasta
- Canned tuna, chicken sardines, or salmon
- Salsa/Diced tomatoes
- Marinara/tomato sauce/tomato paste
- Tortillas
- Spices (paprika, black pepper, chili powder, adobo, cilantro, sazón, parsley, salt)
- Sugar
- 100% fruit juice
- Cereal and oatmeal (low or no sugar)
- Corn flour
- Maseca flour
- Canned vegetables (corn, carrots, collard greens, yams/sweet potato, lima beans) (Low or no sodium)
- Canned fruit (peaches, pineapples, pears) (in 100% juice)
- Applesauce
- Peanut butter
- Jelly
- Shelf stable milk (coconut, evaporated, condensed)
- Olive & canola oils
- Vinegar or lemon juice



### Other items needed:

- Pampers
- Baby food
- Baby formula
- Toilet Paper
- Paper Towels
- Toothpaste
- Laundry Detergent
- Dish Detergent
- Bleach
- Gift cards

\*Items are suggestions only.  
Please do not donate expired items and no glass containers.

[www.uwgmc.org/soh](http://www.uwgmc.org/soh)

