

“As long as I enjoy the privilege of food security, each time I shop for my own groceries I pledge to purchase a healthy non-perishable food item for members of my community who are food insecure.”

Perpetual



FOOD PLEDGE

www.perpetualfoodpledge.org

Take the pledge and help the hungry in your community!

WHAT TO DONATE

Baby food and baby cereal

Canned meats such as tuna, chicken or fish

Peanut butter

Rice and pasta Grain-based foods, such as pasta

Cereal, including oatmeal

Canned vegetables and tomato sauce

Canned or dried beans and peas

Canned and dried fruits

Fruit juice (100% juice)

Prepared box mixes such as macaroni and cheese