

West Deptford Soccer Thanksgiving Tournament Food Drive



November 24 – 26, 2017

www.wdsoccer.net

Please help us replenish the South Jersey Food Bank after the Thanksgiving Holiday. Donation centers will be set up at the tournament sites. Most needed items:

High Protein Items:

- Peanut butter
- Canned tuna, salmon, chicken or ham
- Beans – canned or dry
- Peanuts, sunflower seeds, almonds
- Fruits & Vegetables:

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- Fruit (canned)
- Fruit cups, applesauce
- Dried fruit (raisins, cranberries, prunes)

Mixed Items:

- Macaroni & cheese
- Canned soups, stews, chilli
- Ravioli, Spaghettios, etc.
- Granola Bars

Breads & Cereals:

- Breakfast cereals (whole grain)
- Oatmeal
- Rice & Pasta (whole grain)
- Pancake mix

Holiday Items:

- Stuffing mix, gravy
- Cranberry sauce
- Instant mashed potatoes
- Canned pie fillings

