

THE **BIG** FOOD DRIVE

**Help restock the food pantries at Koinonia
Christian Church and Love Center of Unity in
Richmond's Swansboro neighborhood**

January 1-31

The next time you are at the grocery store, pick up some items from the Big Food Drive shopping list.

Bring your donations to the welcome center through January 31. Please limit donations to items on the list and make sure all items are well within the "sell by" date.

Shopping List

Boxed Foods

Pasta
Rice
Beans
Dry milk or creamer
Macaroni and cheese
Low-sugar breakfast bars
Hot and cold cereals
Whole grain snacks

Canned Foods

Chili
Chicken soup
Brunswick stew
Tuna, Salmon, Chicken
Vegetables (low sodium preferred)
Beans
Fruit packed in juice
100% fruit juice (single-serving)
boxes
Peanut butter
Spaghetti sauce (in plastic jars)

Personal Care Items

Soap, Toothpaste, Shampoo,
Baby diapers, Baby formula

For Kids

Tuna in single serving cans
100% fruit snacks
Raisins
Graham crackers
Unsweetened apple juice
Crackers with cheese
Fruit cups
Pretzels
Granola bars (no peanuts)
Anything healthy your kids enjoy
as a snack!

