



**MOUNT VERNON DISTRICT
SUPERVISOR DAN STORCK &
SCHOOL BOARD MEMBER KAREN CORBETT SANDERS**



Food Drive

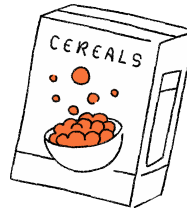
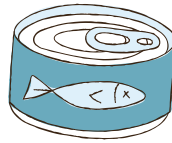
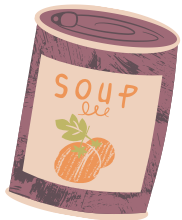
OCTOBER 16 - DECEMBER 7

Drop off donations:

**Mount Vernon Governmental Center
2511 Parkers Lane, Mount Vernon**

A secured bin will be located outside my office to drop off donations.

All contributions will go to **Bucknell Elementary School** to provide students and their families with food in time for the holidays.



If you plan to donate, please consider giving items from this list below. The average size of a family seeking food assistance is four people, and the sizes indicated are preferred to reduce food spoilage. Additionally, donating items that are high fiber, low sugar and low sodium not only feed people experiencing food insecurity but also contribute to their overall health and wellness.

REQUESTED ITEMS

- Cooking oil
- Corn Flour Maseca
- Bag (dry) beans, peas or lentils (16 oz.)
- Rice - brown or white (5 lbs. or smaller)
- Canned fruit in light syrup or juice (20 oz. or smaller)
- Healthy hot and cold cereal (42 oz. or smaller)
- Healthy snacks (e.g. raisins, granola bars)
- Canned tuna, salmon or chicken (15 oz. or smaller)
- Canned tomatoes - low sodium, no salt added (29 oz. or smaller)
- Soup - lower sodium (19 oz. or smaller)
- Canned pasta (16 oz. or smaller)
- Macaroni and cheese
- Peanut butter (40 oz. or smaller)
- Fruit jam (32 oz. or smaller)
- Instant potatoes (16 oz. or smaller)
- Pancake mix (32 oz. or smaller) and syrup
- Canned vegetables - low sodium, no salt added (29 oz. or smaller)
- Canned beans or peas (29 oz. or smaller)