

Spring Lake Heights Food Drive

Spring Lake Heights Neighbors are coordinating a Food Drive to help feed those in our community who are in need. We are seeking the items on the attached sheet as well as Food Store gift cards; anything not needed will be donated to **the Food Pantry in Manasquan** on November 20th.

If you find that you could use this assistance, please email Mayor Christopher M. Campion at mayor@springlakehts.com. Your request will be kept confidential.

Given the season, Thanksgiving Dinner items would be appreciated as well.

Dropoff Location:

You can drop off your donations in a bag
by Wednesday, November 19th
between the hours of 9:00 am- 4:30 pm

Spring Lake Heights Municipal Building
555 Brighton Ave, Spring Lake Heights, NJ 07762

OR Call for pickup by Sunday, November 16th:

Beth Benson: 917.842.2158
Lucie Dickenson: 848.448.0063

(SEE MOST NEEDED ITEMS ON BACK)



MOST NEEDED ITEMS (Please no glass containers):

- Canned tuna, chicken, salmon
- Canned vegetables (low sodium, where possible)
- Cooking oils
- Shelf-stable milk
- Pancake mix & syrup
- Peanut butter and jelly
- Canned fruits (in juice or light syrup)
- Fruit juice (100% juice)
- Soups (low sodium, where possible)
- Chicken Noodle, Minestrone, Split Pea, Chicken & Rice, Beef Vegetable, Lentil
- Pasta (Regular, Whole Wheat, Gluten-free)
- Tomato and other Pasta Sauces (Canned)
- Ready-to-eat Canned Meals
- Chile (Bean, Beef, Chicken)
- Stew (Vegetable, Chicken, Beef)
- Ravioli (Cheese, Beef)
- Chicken w/ Rice and Vegetables
- Spaghetti & Meatballs
- Hot Cereals
- Oatmeal, Steel-cut Oats, Farina, Muesli
- Cold Cereals (request those w/ whole foods listed as 1 of first 3 ingredients. Look for less than 10g sugar, 3g-5g fiber, 5g+ protein)
- Toasted O's, Special K, Bran Flakes, Fiber One, Cascadian Farms, Kashi, Grape Nuts, Corn Flakes

GROCERY STORE GIFT CARDS:

- For needed fresh fruit, frozen and refrigerated food.

