

# Kern County 4-H Cares!

## - Canned Food Drive -

### Help Support

# The Golden Empire Gleaners

Please help your local 4-H Office with contributions of non-perishable food items to assist The Golden Empire Gleaners in making sure no one goes hungry this Holiday Season. The Gleaners desperately need our help in restocking their food shelves so that needy children and families in our community are provided with food during the holiday season and beyond.

The University of California Cooperative Extension Kern County and Farm and Home Advisors Office will be collecting non-perishable food items through Monday, December 23, 2019.

Please bring in your items to donate to our office at 1031 S. Mt. Vernon Avenue. There will be a collection box for your convenience. If your club is unable to bring in food items to our office, please call 661-868-6200 and we will make arrangements for pickup!

## Let's Show Our Community

## How 4-H Can Help!



Please see following page for suggestions



## FOOD DRIVE SUGGESTIONS

We recommend **non-perishable items** for most food drives and monetary donations are great help too!

If possible please keep cans separate from glass jars and/or crushable boxed items.

Some drives are a competition among the organization based on pounds of food donated. In this case, heavy is better! Some ideas of desirable heavy items: Sugar, coffee, peanut butter, bags of rice, beans or potatoes (5 lbs. and under pkgs. are best),

### **Items we love to receive:**

#### MEAT AND PROTEIN

Canned fish, meat, chicken or stews  
Chunky soup  
Chili  
Spaghetti sauce  
Spaghetti or ravioli  
Macaroni and cheese  
Peanut butter  
Canned beans and pork and beans

#### VEGETABLES

Soup  
Canned vegetables  
Instant potatoes

#### FRUITS

Canned fruits

#### MILK

Canned Evaporated milk  
Infant formula

#### STAPLES

Cereal  
Crackers  
Cake, cookie, muffin, or pancake mix  
Pasta  
Rice  
Sugar  
Coffee  
Beans  
Meals in a box, e.g. Mac & Cheese  
Jams, Syrup, Dressing in plastic bottles