

# Uniting for United Competitive Food Drive

## May 17 - June 3



More than 33,000 people in New London County struggle with food insecurity. That's why more than 40 area business owners have come together to compete to raise the most food for the Gemma E. Moran United Way/Labor Food Center. The food center provides food through its 74 pantries and the 10 mobile food pantry visits it completes each month. We need your help! Please bring in a donation of one or more of the below listed non-perishable goods or consider a cash donation to support our community.

### GRAINS -

#### Whole Preferred

- Cereal
- Oatmeal
- Rice
- Pasta
- Mac and Cheese
- Crackers
- Corn Tortillas

### FRUITS -

#### Unsweetened Preferred

- Fruit Cups
- Canned Fruit
- Dried Fruit (raisins, apricots, prunes, etc)
- 100% Fruit Juice
- Jams/Jellies
- Applesauce

### VEGETABLES -

#### Low-Sodium Preferred

- Instant Mashed Potatoes
- Canned Vegetables
- Canned Tomatoes and sauce
- Spagetti Sauce

### CONDIMENTS -

#### Low-sodium Preferred

- Salad Dressings
- Vinegar
- Oils (vegetable, olive, canola)
- Dried Herbs and spices

### PROTEINS -

#### Low-sodium Preferred

- Peanut Butter
- Nuts or seeds
- Canned Tuna
- Canned Chicken
- Soups
- Chili

### BEVERAGES

#### Shelf-Stable

- Low-fat Milk
- Soy Milk
- Nut Milks
- Tea
- Coffee
- Water

### Collection to benefit:

**Gemma E. Moran**  
United Way/Labor Food Bank



An AFL-CIO Community Services and United Way Partnership

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### COLLECTION LOCATION

### SURPLUS UNLIMITED COLLECTION

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**TROPHIES**

