



MOUNT SINAI MIDDLE SCHOOL STUDENT COUNCIL PRESENTS

Annual Soup'er Bowl Food Drive

January 20th thru February 7th

To benefit

Long Island Cares

The Henry Chapin Food Bank

**Non-Perishables - Canned Proteins
Baby Food & Diapers - Personal Care
Household - Pet Items**

**Please see reverse side for a list of
the most needed items by category.**

Long Island Cares supports over 600 Food Pantries, Soup Kitchens, Shelters, Child Nutrition Programs & Veteran's Service Programs in both Nassau and Suffolk Counties.

Most Needed Donations

Proteins

Canned Ham/Chicken/Fish, Canned and Bagged Beans, Nut and Non-Nut Butter, Sun Butter, Beef Stew, Chili, Nuts, and Canned Beef & Cheese Ravioli

Fruits

Canned Low Sugar, Dried Fruit, 100% Juice Boxes, Plastic Bottles of Juice, 100% Fruit Spreads/Jam, Fruit Cups, 100% Fruit Bars, and Grape Jelly

Vegetables

Canned Low Sodium, 100% Vegetable Juice, Tomato Sauce, Canned Soups, Canned & Boxed Meals, and Dry Soup Mixes

Grains

Boxed/Bagged Pasta and Rice, Hot and Cold Cereal, Oats, Quinoa, Whole Grain Bars, Barley, Granola, and Pancake/Waffle Mixes

Dairy

Shelf Stable Milk, Shelf Stable Parmesan Cheese, Canned/Evaporated/Dry Milk, Powdered Milk, and Carnation Instant Breakfast

Additional Food Items

Flour, Cooking Oil, Canned Meals, Coffee, Tea, Condiments, Low Salt/Baked Chips, Water, Muffin/Bread Baking Mixes, Whole Grain Pretzels/Crackers, and Spices

Baby

Diapers (all sizes), Wipes, Formula, New Bottles, Cereal, Plastic Jars, Powder, Lotion, and Baby Snacks

Personal

Soap, Tooth Paste & Brushes, Shampoo, Conditioner, Brushes, Deodorant, Adult Diapers and Feminine Hygiene Products

Household

Toilet Paper, Paper Towels, Napkins, Plastic Utensils, Plastic & Paper Cups/Plates/Bowls, Garbage Bags, Detergents, and Bleach

Pet Food

Bags of Dog/Cat Food, Canned Dog/Cat Food, Caged Animal Foods, Treats, and New Leashes

Please, no glass jars.



IF YOU OR SOMEONE YOU KNOW IS EXPERIENCING FOOD INSECURITY,
CALL 631-582-FOOD (3663)