



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TOGETHER WE MAKE A DIFFERENCE

## Food Drive at the YMCA

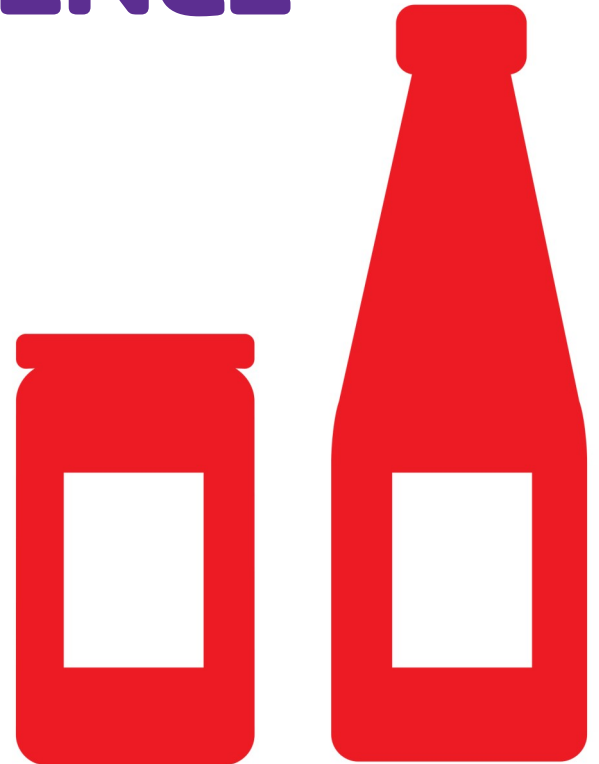
**APRIL 2nd-30th**

YMCA drop-off locations:

Franklin 45 FORGE HILL RD.

Foxboro 67 MECHANIC ST.

North Attleboro 300 ELMWOOD ST.



### Suggested items:

Whole grain cereal (low sugar)  
Hearty soups (lentil, minestrone,  
vegetable, black bean; low sodium)  
Pasta sauce  
Canned vegetables (low sodium)  
Canned fruit (in 100% juice)  
Oatmeal  
Whole grain pasta, brown rice or  
quinoa

Dry lentils, kidney beans  
or black beans  
Peanut butter, Sunbutter  
White tuna  
Spices  
Almonds, walnuts, sunflower seeds  
100% juices  
Bottled water  
Olive or canola oil

Paper goods  
Personal hygiene items  
Food for restricted diets (gluten or  
nut free)  
Pet food or pet products  
Supermarket gift cards (give directly  
to Y staff)

### Did you know?

10.3% of Massachusetts households are food insecure and  
1 in 7 children in Massachusetts are facing food insecurity.  
Together we can help our food pantry partners provide healthier  
options while offering support to friends & neighbors in need.