



# URBAN MINISTRIES

O F W A K E C O U N T Y



## SUGGESTED DONATIONS LOOK FOR HEALTHY OPTIONS

- Canned meats: tuna, chicken
- Healthy Kids Snacks
- Canned fruits and vegetables
- Canned soups
- Breakfast cereal, grits
- Dried beans
- Applesauce
- jelly
- Pasta: dry & canned
- Rice
- Juice boxes
- Canola or Olive oil



**Kiwanis**

alphagraphics®

increase your reach

## What you can do as a Kiwanian:

Bring your bags and boxes to a weekly meeting or call Urban Ministries at 919-256-2172 to arrange for pickup. • Volunteer to restock shelves • Bring in paper / plastic grocery bags

If you have any questions or suggestions, please contact Carol LeClair of our club at 919-819-7800 or John Welch, Director of Development at Urban Ministries of Wake County, at 919-256-2172.

We look forward to working with you to fight hunger in our community.