

Food is *love*

Share the *love*

Donate to our food drive today!

When: March 1st, 2021-March 26th, 2021

Where: Room A309
or virtually at: <https://secure.qgiv.com/event/tjhsnhs/>

Details: TJ's NHS members have the opportunity to earn service hours by donating to a great cause!



Food changes everything.

Most Needed Items



Monetary Donation

(\$1 could provide 5 meals)



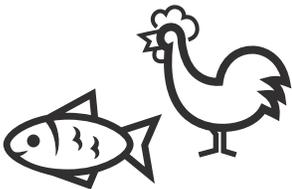
Canned Fruits Packed in 100% Juice



Low Sodium/ No Salt Added Canned Vegetables



Low Sodium/ No Salt Added Canned Beans & Soup



Canned Tuna or Chicken Packed in Water



Whole-Grain Cereal, Oats & Pasta



Peanut Butter



Paper Products

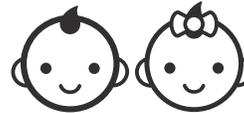


Household Items



Hygiene Items

Feminine Products, Razors



Infants & Kids

Diapers, Wipes, Pedialyte, 100% Juice Fruit Cups, Granola Bars, Crackers, Juice Boxes, NO Baby Food



Seniors

Nutritional Shakes & Drinks, Adult Hygiene Products

**Pop Top Cans & Microwavable Cups Preferred
Please, NO Glass Items**

412.460.3663
pittsburghfoodbank.org

Greater Pittsburgh
**community
food bank**

Food changes everything.

A well-balanced diet is fundamental to leading a happy, productive life. Unfortunately too many of our neighbors are making tough choices between food and other necessities.



Daniel has a wife and three kids. He worked for a newspaper for many years, but when they cut the amount of days they deliver, his hours and income were significantly cut.

“In addition to my paycheck decreasing drastically, I was diagnosed with skin cancer this year. It’s just been a bad year. I just never expected to be in this kind of situation—I really don’t know how else to put it.”

Daniel recently got a second job, but making the ends meet for a family of five is still challenging. “It feels like you just go through so much food, even when you’re being careful.”

By donating through a food & fund drive you can help ensure the one in seven people in our region like Daniel have the food they need. Every \$1 donated could provides enough food for five meals.

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Service Hours Opportunity

When: March 1st-March 26th, 2021

Where: drop off your items in room A309

Details: donate items or money for the Pgh Food Bank

-drop off items in room A309 (label items with your name and school year)

-donate money through website link: <https://secure.qgiv.com/event/tjhsnhs/>

(send screenshot of donation)

-\$10 donation = 1 service hour

*can be money or items worth \$10

-1 service hour limit

-any questions, email Maansi Shah at ms87644@students.wjhsd.net.