



# KIDS HELPING KIDS

## October 1-31, 2018

**Kids Helping Kids** is an anti-hunger campaign to mobilize students in Montgomery County schools to raise food and funds for their hungry peers across the county.

Donating to this food drive has taught children valuable lessons about hunger, engages students in giving, and shows young people that they have the power to make a difference in their community.

**Join the fight to end hunger!**

# FOOD DRIVE!

Our school will be collecting non-perishable food items to help fight hunger in Montgomery County.



**MOST NEEDED ITEMS**

### Grains

- Instant Oatmeal Packets, original
- Brown Rice
- Whole Grain Pasta

### Proteins

- Tuna, Salmon, Chicken (in water)
- Dry / Canned Beans (low sodium)
- Natural Nut Butters

### Fruits & Veggies

- Canned Vegetables (low sodium)
- Canned Fruit (in juice)
- Fruit Cups

### Other Healthy Items

- Shelf-stable, individual milk boxes
- Cooking Oils & Spices
- Infant Formula & Baby Food

**THANK YOU FOR DONATING TO KIDS HELPING KIDS!**



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