



**Merrimack Valley
Food Bank, Inc.**

**Help US...
Help OTHERS**

**Food
Drive**



You can **“Help Us...Help Others”** by hosting a food drive!

Most Needed Items

- *Peanut Butter/Jelly
- *Canned Tuna/Chicken/Protein
- *Juice Boxes
- *Canned Chili/Beef Stew/Hash
- *Canned Ravioli/Spaghetti
- *Personal Care Items – Shampoo, Soap, Deodorant, Toothpaste/Toothbrushes
- *Paper Products – Toilet Tissue, Paper Towels, Kleenex
- *Rice/Pasta
- *Canned Fruit (light Syrup)
- *Shelf Stable Milk
- *Mac n’ Cheese/Dry Potato Mixes

Food Bank Facts

Did you know that.....

- *Our Summer Lunch program serves 10,000 lunches to children in need within our community!
- *Our Mobile Pantry Program delivers 300 bags of groceries a month to homebound seniors & disabled individuals
- *We provide food to over 50,000 individuals a month in 30 communities through the 82 agencies that we serve in Middlesex, Essex, & Suffolk Counties as well as Rockingham & Hillsborough Counties in NH!
- ***“New”** – Operation Nourish – Our first feeding program targeting children in need in a local school will be implemented in September 2011. We will provide supplemental bags of nutritious food to be sent home with students to get them through the weekend and school vacations!
- *We distributed over 2.7 million pounds of food in 2010 to 600,000 individuals through our member agencies!!!

Merrimack Valley Food Bank
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