



# Emmanuel Cancer Foundation

## Food Drive for Kids with Cancer

**Please help us stock our local food pantries that serve families facing pediatric cancer!**



The Emmanuel Cancer Foundation provides over 200 New Jersey families faced with pediatric cancer a place to turn for comfort and support through free in-home counseling; food and other material assistance to preserve quality of life; and emergency funds to help pay for urgent expenses such as rent and utilities. These efforts help ease families' emotional and financial burdens.

Help us make their lives a little bit easier by purchasing the following, *or similar*, pantry items during your supermarket visit today, based on what they need most. Any amount helps!

**\*Supermarket gift cards are so appreciated to purchase fresh fruit, veggies, meat, dairy\***

### Healthy Choices

☺ annie's mac and cheese ☺ newman's own organic spaghetti sauce ☺ whole grain crackers/low-sodium saltine crackers ☺ low-sugar cereal (+4grams fiber) ☺ unsweetened oatmeal ☺ unsweetened dried fruit/nuts (walnuts, pecans, trail mix) ☺ unsweetened fruit/applesauce ☺ low-sodium hearty soups ☺ instant potatoes ☺ canned goods (low sodium please) veggies, tomatoes, potatoes ☺ alaskan or pink salmon ☺ starkist chunk light tuna pouch

### Everyday Staples

whole wheat flour ☺ pasta ☺ olive/canola oil/cooking spray ☺ vinegar/salad dressing ☺ low sodium soy sauce ☺ brown/white rice ☺ evaporated skim milk ☺ shelf stable milk ☺ salsa/taco-kits ☺ condiments ☺ all-natural jams/jellies ☺ peanut/almond butter (low sugar) ☺ hellman's organic may

### Beverages

100% fruit/vegetable juice ☺ bottled water ☺ pediasure/ensure shakes ☺ G2 gatorade ☺ coffee/tea

### Treats

smart popcorns/pirates booty/multi grain pretzels ☺ sun/veggie/sweet potatoe chips ☺ fiber one bars ☺ low-fat puddings ☺ fig newtons/kashi oatmeal raisin

### Other

dye/toxin/fragrance free - laundry/cleaning products/soaps ☺ diapers/wipes ☺ tooth paste/brushes ☺ paper towel/toilet paper ☺ hand sanitizer

**THANK YOU!**

Visit us at [www.emmanuelcancer.org](http://www.emmanuelcancer.org) or [facebook.com/EmmanuelCancerFoundation](https://facebook.com/EmmanuelCancerFoundation)