



Trick or Treat, What's to Eat?

Food Drive

A food drive for the Caring About Nutrition Program

Munster Meals Monday **Oct. 17th**

Donate a whole meal. Cans-of-soup, individual bowls or ravioli, or other pastas, or tuna salad lunch packets.

Spooktacular Sides Tuesday **Oct. 18th**

Give fruit cups, vegetable sides, mac and cheese bowls.

Ghoulish Goodies Wednesday **Oct. 19th**

Send in snack foods like Rice Krispy treats, snack bags of gold fish or Jello-O/pudding cups.

Morning Mash-Up Thursday **Oct. 20th**

Donate breakfast items such as: cereal bars, individual boxes of cereal and pop tarts.

Not-so-Frightful Friday **Oct. 21st**

Provide extras like jars of peanut butter, jelly, fruit juice boxes and shelf stable milk.

Finally, Saturday Oct. 22nd
CAN volunteers will be selling hot dogs and taking donations at Raymore Price Chopper from 11-4. Stop by and see us!



**WHY HELP WITH THIS EVENT?
BECAUSE HUNGER IS SCARY!**

Check out our website link at

www.caringabountnution.weebly.com



Take a picture of your donations and/or your donors and tweet it
@RP_Foundation and @CANFoodProgram #spooktakular



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Munster Meals

- ☐ Chef Boyardee Bowls
- ☐ Cans of ravioli/spaghetti O's/etc.
- ☐ Cans of soup, chicken noodle or vegetable
- ☐ Tuna or Chicken Salad Kits

Spooktacular Sides

- ☐ Vegetable cups or canned vegetables
- ☐ Fruit cups
- ☐ Applesauce
- ☐ Mac & Cheese Bowls

Ghoulish Goodies

- ☐ Rice Krispy Treats
- ☐ Bags of goldfish, cheese its, pretzels, etc.
- ☐ Cheese or peanut butter cracker packs
- ☐ Snack bags of peanuts/trail mix/etc.
- ☐ Jell-O or pudding cups
- ☐ Fruit roll ups

Morning Mash-Up Breakfast Items

- ☐ Cereal Bars
- ☐ Granola bars
- ☐ Small boxes of cereal
- ☐ Oatmeal packets
- ☐ Pop Tarts

Not-so-Frightful Extras

- ☐ Jars of peanut butter
- ☐ Small bottles of jelly
- ☐ Microwave popcorn
- ☐ Fruit juice boxes
- ☐ Raisins, individual boxes
- ☐ Shelf stable milk

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