



WE ARE HOSTING A NONPERISHABLE FOOD DRIVE

To benefit ForKids families in Western Tidewater

For our families in Suffolk and Western Tidewater staying in hotels, food needs are different. Taking into consideration storage and cooking limitations with only a microwave and a mini-refrigerator in the rooms, we are mostly in need of items that require little or no cooking.

- | | |
|--------------------------------------------|------------------------|
| Oatmeal | Baby food/Cereal Snack |
| Microwaveable pastas (i.e., Chef Boyardee) | Crackers |
| “Easy Mac” Macaroni & Cheese cups | Microwaveable Popcorn |
| Applesauce, fruit cups | Raisins |
| Shelf-stable microwaveable meals | Pudding/Jello Cups |
| Canned soups & stews | Manual Can Openers |
| Canned tuna | Paper Plates/Bowls |
| Peanut Butter & Jelly Bread | Plastic Utensils |
| | Small Sized Condiments |
| | Cold Cuts |
| | Cheese |
| | Juice Boxes |



Contact our Volunteer Coordinator at 622-6400 ext. 137 or e-mail Volunteer@homesforkids.org for more information or to arrange your drive.

ForKids

Help Us Help Homeless Families

**BREAKING THE CYCLE OF HOMELESSNESS
AND POVERTY FOR FAMILIES AND CHILDREN.**

Get involved! ForKids has many volunteer opportunities available. Call our Volunteer Coordinator for more information.

757-622-6400 www.homesforkids.org