Dietetics & Nutrition November Food Drive

All throughout the month of November

Drop off your non-perishable items at AHC5-317 between 8:30 am - 5:00 pm

D & N Peer Mentors
Food items to donate:

- **Dairy**: UHT Milk, non-fat dry milk, evaporated milk, instant breakfast drinks, canned/boxed milk, non-dairy creamer
- **Vegetables**: canned, vegetable soup, pasta sauce
- **Protein**: canned tuna, chicken, beef, salmon, baked beans, peanut butter, canned nuts
- **Fruits**: canned fruit, raisins, applesauce, dried fruits, canned and boxed 100% juice
- **Grains**: rice, dry pasta/noodles, oatmeal, crackers, flour, granola bars, pancake mix
- **Oils and condiments**: vegetable oil, salad dressing, syrup, honey, sugar, dried herbs