



# Community-Wide Food Drive

## Most Needed Food Items:

### Low Sodium

- Beans: kidney, black, and pinto
- Canned chicken, fish, and beef
- Hearty canned soups and chowders
- Chili, stews
- Canned vegetables
- Canned tomato products

### No Sugar Added/ Low Sugar

- Peanut butter
- Canned fruit
- Fruit juice, boxed juices

### Whole Grain/ High Fiber

- Cereal
- Plain rice (brown preferred)
- Pasta (dried)
- Crackers, healthy snacks

- Spaghetti sauce
- Baby food and baby formula
- Diapers (medium and large)
- Baby wipes
- Toilet paper, paper towels, tissues

**FAMILIES FORWARD**

DIGNITY • EMPOWERMENT • HOPE

To make a monetary donation to support Families Forward, please visit [www.families-forward.org/donate](http://www.families-forward.org/donate)

# FAMILIES FORWARD

DIGNITY • EMPOWERMENT • HOPE

Since 1984, Families Forward has existed to help families in need achieve and maintain self-sufficiency through housing, food, counseling, education, and other support services.



## The Harsh Realities of Hunger in Orange County

1 in 5 children are food insecure, unsure of where their next meal will come from. 50% of students in Orange County qualify for free or reduced-priced lunches, an indicator of poverty.

## Families Forward's Impact

We help approximately 7,000 low-income adults and children with food each year, which allows families to focus on paying for other necessities, such as rent, or utilities. Without enough food, the most basic human need, stability in other areas is impossible.



## You Can Help!

Donate food items listed on the front of this flyer and feed vulnerable Orange County families! For more information on how to combat hunger in your local community, contact Families Forward.

## Connect with Families Forward

- [families.forward](https://www.facebook.com/families.forward)
- [@familiesforward](https://twitter.com/familiesforward)
- [@familiesforward](https://www.instagram.com/familiesforward)
- [OCfamiliesforward](https://www.youtube.com/OCfamiliesforward)



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