

“Souper Soccer Saturday” To Benefit Interfaith Food Pantry

On OCTOBER 3, 2020 MUSC Rec Soccer, Morris Plains Soccer along with Parsippany Soccer Club will host our 13th annual “Souper Soccer Saturday” food drive to benefit the Morris County Interfaith Food Pantry.... <http://mcifp.org/>

In the past 12 years, these club soccer families have donated more than 22,000 pounds of food to help feed thousands of families right here within our community. This season marks the 13th anniversary of this important MUSC Rec Soccer tradition!! Now more than ever, our community NEEDS US!

There will be 3 drop-off locations where families can donate food, with a goal this year of collecting 2,000 lbs.

Simons Field, Morris Plains (at the basketball court) 8:30 - 2:30

Central Park Fields, Morris Plains (Between Fields 2 and 3) 9 - 11:30

Cornine Field, Morristown (off Sussex Avenue) (near the Tennis Court) 8:30 - 3

Please note we want to keep this event SAFE for our clubs, MASKS are MANDATORY and please keep 6 FEET for Social Distancing. It is recommended to have your own sanitizer on hand.

CURRENT REQUESTED FOOD ITEM LIST per the Interfaith Food Pantry

Updated: September 2, 2020

Please note: Items underlined in red are most needed

FRUITS & VEGETABLES – Look for fruit canned in its own juice or with “no sugar added”. Look for vegetables with “low sodium” or “no salt added”

100% Fruit Juice (32 oz. preferred normally)

Canned Fruit

Spaghetti / Pasta Sauce, Tomato Products (sauce, crushed, whole, diced, paste, puree, etc.)

Canned Vegetables (no Extra Large Cans [3 lbs or more] please)

FRESH PRODUCE from your garden (uncooked)

GRAINS – Donate whole grains as often as you can

Cereal – low sugar, high fiber

Pasta

White Rice / Brown Rice (1 or 2 lb bags preferred)

DAIRY – Donate shelf-stable low-fat (1%) or non-fat dairy products

Parmalat (1 quart low-fat or non-fat preferred)

PROTEIN – Look for “no salt added”, “low-sodium” and canned in water

Canned Beans – pork and beans, pinto, red or white kidney, black beans; NOT green beans

Tuna Fish, Salmon and other canned fish

Peanut Butter – 18 oz preferred

Canned Meats and Meals – ravioli, spaghetti & meatballs, hash, stew, canned chicken, chili, etc.

SIDE DISHES

Rice-A-Roni, Pasta-Roni, etc.

Hamburger Helper, Tuna Helper, etc.

Macaroni & Cheese

SOUPS – Look for “low-sodium” and “Heart Healthy”

Condensed Varieties

Hearty Varieties

BABY ITEMS

Infant Formula (Enfamil preferred-yellow, purple, blue)

Baby Food (Fruits, Vegetables, Meats & Meals) – Stage 1 (Meats & Meals, Vegetables, Fruits), Stage 2 (Meats & Meals, Vegetable, Fruits), Stage 3 (Meats & Meals, Vegetables, Fruits)

Baby Cereal – Rice, Oatmeal

Diapers – Size 4, 5, 6

Pull ups – Size 2T-3T, Size 3T-4T & Size 4T-5T

SPECIALTY ITEMS

Boost or Ensure, regular

Boost Glucose Control or Glucerna

Tea (100 count boxes)