



# TEMPLE BETH TIKVAH

Virtual High Holiday Services  
5781 - 2020

## High Holiday Hunger Project

Once again, Temple Beth Tikvah is sponsoring a **High Holiday Hunger Project** to benefit the Wayne Interfaith Network (WIN) Food Pantry. Please make the effort to give generously to this project to fight hunger. Approximately 160 of our neighbors in Wayne rely on these donations to provide sustenance to their families. The numbers have increased due to hardships caused by the Coronavirus, and our assistance is greatly needed and will be deeply appreciated.

We are asking every family to either make a food donation or a cash donation to this worthy cause. If you choose to make a food donation, you may drop your food bags off to TBT when you come to pick up your machzors to be used for our virtual services :

**Sunday, September 13, 12-2PM**  
**Monday, September 14, 1-3PM**  
**Wednesday, September 16, 6-8PM**

If you prefer to make a cash donation, please make the check out to WIN (Wayne Interfaith Network) and mail to : Wayne Interfaith Network, PO Box 3341, Wayne, NJ 07474-3341 and note that you're a member of TBT. You may also purchase Shop Rite gift cards and mail to the same address.

- **Please Take This List To The Supermarket**
- **Avoid Glass Bottles- No Jumbo-Sized Items**
  - **No Items With Expired Dates**
  - **Not Needed: Beans Of Any Kind**

- |  |  |
|--|--|
| <input type="checkbox"/> Pasta Sauce                               | <input type="checkbox"/> Canned Fruits                                   |
| <input type="checkbox"/> Vegetable Oil                             | <input type="checkbox"/> Peanut Butter                                   |
| <input type="checkbox"/> Hearty Soups                              | <input type="checkbox"/> Canned Protein (Dinty Moore Stews, Chili, etc.) |
| <input type="checkbox"/> Condiments (Mustard, Ketchup, Mayonnaise) | <input type="checkbox"/> Hot and Cold Breakfast Cereal                   |
| <input type="checkbox"/> Fruit Juices and Fruit Boxes              | <input type="checkbox"/> Canned Meat and Fish (Chicken/Salmon/Beef/Tuna) |
| <input type="checkbox"/> Mac and Cheese Boxes                      | <input type="checkbox"/> Canned Vegetables                               |
| <input type="checkbox"/> Pancake Mix and Syrup                     | <input type="checkbox"/> Jelly   |
| <input type="checkbox"/> Coffee – Regular and Decaf - Tea          | <input type="checkbox"/> Instant Potatoes                                |
| <input type="checkbox"/> Rice and Rice Mixes                       |  |

If you have any questions about this project, please call Lynn Cooper at 973-696-5549, or visit [www.winfoodpantry.org](http://www.winfoodpantry.org) to learn about what this organization is doing to support our neighbors in the Wayne community.