



**social action**

# Woodlands Community Temple

## High Holy Day Hunger Project

### Suggested Food List Elul 5784

*Is this not the fast I look for ... to share your bread with the hungry? – Isaiah 58:6 – 7*

Collection on Kol Nidre Sep 24 and Yom Kippur Sep 25  
Please purchase new, healthy non-perishable food items

#### **Meats & High Protein Groups**

- Canned Proteins (tuna, chicken, mackerel, beef stew)
- Canned & Dried Beans (small bags for distribution)
- Peanut Butter (NOT IN GLASS)
- Boxed Dinner Items (potatoes, pasta/marinara, mac & cheese)

#### **Beverages**

- Boxed Milk (Parmalat, almond milk, soy milk)
- Fruit Juice (plastic bottles, cans, individual serving-size boxes)
- Teabags (Lipton, supermarket brands)
- Instant and Ground Coffee

#### **Other**

- Corn Bread Mix
- Soft Grain Bars
- Low-Sodium Gravy
- Low-sodium Soups

#### **Breakfast**

- Cold Cereals
- Oatmeal

#### **Fruits & Vegetables** (easy-open cans)

- Canned Vegetables (mixed vegetables, string beans, corn, green peas)
- Canned Diced Tomatoes
- Canned Fruit (fruit cocktail or other canned fruit)
- Individual serving size boxes/packages of fruits, applesauce

#### **Pasta Sauce & Grains**

- Rice (brown or white)
- Pasta Sauce

#### **Toiletries**

- Diapers (Newborn through Toddler size 6)
- Baby Wipes
- Toothpaste
- Shampoo
- Soap

## **NO GLASS JARS, PLEASE!**

**LOOK FOR PLASTICS AND OTHER ALTERNATIVE PACKAGING**

**CHECK EXPIRATION DATES:** We rely on you to be sure items are not expired or close to expiration date.

**WHEN SELECTING FOODS:** Look for low/reduced sodium, low or no sugar-added foods.

**WHEN SELECTING CANNED FOODS:** Look for easy-open cans

**IF POSSIBLE,** bring your food in a sturdy cardboard box.

#### **Your donations benefit**

Dobbs Ferry Food Pantry, Greenburgh Food Pantry (WestCOP),  
Hudson Valley Community Services (HVCS), and Midnight Run

**Thank you for your generosity in feeding our neighbors in need.**