LEVEL 2 HEALTH PROMOTION - Donating Food to South Kaipara Good Food





DROP-OFF LOCATION

Student Centre - drop off

BEFORE

Thursday 19 of June



IF YOU HAVE UNWANTED NON-PERISHABLE FOOD AT HOME COULD YOU PLEASE BRING THEM TO LEONIE IN THE STUDENT CENTRE SO WE CAN MAKE A DONATION TO OUR COMMUNITY!

HERE'S A MORE DETAILED LIST OF NON-PERISHABLE FOOD ITEMS

CANNED GOODS:

Canned meats (like tuna, chicken, and salmon) Canned fruits and vegetables Canned beans Canned soups and stews Canned sauces and gravies

DRIED GOODS:

Dried fruits (like raisins, apricots, and cranberries)
Dried beans and lentils
Dried pasta
Grains like rice, oatmeal, and quinoa
Powdered milk
Powdered peanut butter
Dried herbs and spices

OTHER NON-PERISHABLE ITEMS:

Peanut butter
Jams, jellies, and honey
Syrups
Vegetable oil
Crackers and cereal
Nuts and seeds
Granola bars and energy bars
Instant coffee and tea