

HIGH ROAD ACADEMY & FOOD ON THE 15TH

# FOOD DRIVE



**NOVEMBER 28, 2022-  
JANUARY 9, 2023**

**Food on the 15th is a program that collects non-perishable food donated from local organizations. People volunteer their time to collect, sort, and deliver the food to low-income older adults in Howard County around the 15th of each month.**

## **WE ARE IN NEED OF THE FOLLOWING ITEMS:**

- Plain cereals (low sugar, unsweetened, oatmeal, cream of wheat, corn flakes, raisin bran)
- Canned fruit packed in its own juice or made with Splenda
- Canned vegetables (no salt or low salt)
- Plain rice, quinoa, couscous, etc.
- Healthy soups (low fat, low carb, low salt)
- Pasta sauce
- Peanut butter & jelly
- Healthy snacks, cookies, etc.

## **PLEASE DO NOT DONATE:**

- Ramen type foods
- Expired food