



# Independence For Veterans

## AUTUMN □ FOOD DRIVE 2020

**The Hope For Veterans, Lyons, N.J. homeless shelter is in need of these items:**

- Canned meats (stew, corned beef hash, spam, chicken, turkey)
- Parmalat milk, boxed almond or soy milk
- Cereal (Hot and cold)
- Pancake mix and syrup
- Canned fruit
- Canned vegetables, Baked beans
- Pasta, spaghetti sauce, Alfredo sauce
- Canned tomatoes
- Chef Boyardee canned pastas
- Macaroni and cheese boxes
- Rice, Ramen noodles
- Instant mashed potatoes
- Canned tuna, mayonnaise
- Canned soups and gravy
- Peanut butter, jelly
- Instant coffee (Regular and Decaf), Tea bags, Hot chocolate
- Snacks: Granola bars, protein bars, nuts, pretzels, microwave popcorn, rice cakes, Triscuits
- Pudding cups, Jello cups, fruit cups, apple sauce, raisins, dried fruit



### They're also in need of:

- Hand soap
- Hand wipes
- Laundry detergent
- Paper towels
- Shampoo, deodorant, razors, shaving cream, toothpaste, Q-tips, cotton balls

*All items collected will be hand-delivered to the Hope For Veterans transitional housing facility in Lyons, N.J. Kindly call 908.470.1930 for a pick up, or items may be shipped to: Stacia McDonough, 35 Bedminster Terrace, Bedminster, NJ 07921.*

*This drive runs through October 15, 2020.*

*Thank you for your consideration. God bless America and our brave veterans.*