

## Did You Know?

1 in 4 children  
in the Carolinas  
are food insecure.



# DONATE YOUR FOOD WHEN YOU MOVE



Moving?  
Set aside your unopened,  
non-perishable food items



Our crew will pack up your  
food and deliver it to the  
local food pantry



From there, your donations  
will be sorted and delivered  
to local families in need.



## We Proudly Support Move For Hunger

### WHAT TO DONATE?

Pasta/ Sauce, Baby Food/Formulas, Dry Beans, Flour, Cereal,  
Oatmeal, Juice, Rice, Peanut Butter & Jelly, Crackers, Cookies  
Canned: Vegetables, Fruits, Stews, Soups, Beans, Tuna, Meat

For More Information Visit : [www.MoveForHunger.org](http://www.MoveForHunger.org)