

Donate non-perishable food items in these senior communities to help fight hunger in Quincy!

All food donated will benefit local food pantries in Quincy, IL



SUGGESTED FOOD ITEMS:

- Soups
- Rice
- Peanut Butter

**Mini-Pantries supported** 

- Baby Food/Formula
- Cookies/Crackers
- Canned Vegetables
- Fruit Juice
- Condiments
- Beans
- Pasta/Sauce
- Cereal
  - Canned Beans

## MoveForHunger.org

Move For Hunger is a national 501(c)3 non-profit organization that mobilizes the relocation industry to reduce food waste and fight hunger.

Sponsored by Golden Bridges, Inc. www.goldenbridges4you.com 888-922-6368