



# LAKELAND FOOD DRIVE

Sunday, October 28<sup>th</sup> (Championship Meet)



to benefit the

## MORRIS INTERFAITH FOOD PANTRY

The Lakeland League is sponsoring a food drive to benefit the Interfaith Food Pantry of Morris County. We are asking all athletes/parents/teams participating in Sunday's Championship meet on 10/28 to remember those in need as the holiday season approaches. The Interfaith Food Pantry will have their van parked across from the Snack Bar for your donations. Please help us support this wonderful effort. Outlined below is the Thanksgiving 2012 Program Food Needs List – the most critical item needed are frozen turkeys for Thanksgiving.

### SHOPPING LIST

<b>Frozen Turkey or Ham</b>	Stuffing
Instant Mashed Potatoes	Gravy
Brownie Mix or Cake Mix and Icing	Roll Mix or Muffin Mix
Nuts	Mini Marshmallows
Salad Dressing	Canned Yams
Canned Vegetables	Hearty Soup
Coffee	Tea
Parmalat or Powdered Milk	Apple, Cranberry or other 100% Juice
Mayonnaise	Cookies and Crackers

**\*\*PLEASE CONSIDER LOW SALT AND LOW SUGAR ITEMS WHEN SHOPPING\*\***

# THANK YOU!