

DONATE A CAN FOR H.A.M.

September is
Hunger
Action
Month

SEPTEMBER 12-17th

Help us stock our shelves this September.

At a time when we are experiencing a 40% increase in participation across our programs - your support helps us manage the exponential impact of our own rising food costs just as more and more community members are picking up groceries to help feed their families.



- Peanut Butter & Jelly
- Canned Chicken Soup
- Cheerios' Cereal
- Canned Mixed Vegetables
- Diced Tomatoes
- Bagged Rice (White or Brown)
- Refried (Pinto and Black)
- Canned Beans (Pinto and Black)
- Dry Beans (Pinto and Black)
- Canned Pineapples
- Spaghetti
- Whole Wheat Pasta
- Corn
- Fruit Cocktail (packed in juice)
- Canned Pinto and Black Beans

Visit GoBeyondHunger.org for donation hours and locations.