

DONATE YOUR FOOD



Moving? Set aside any non-perishable food items you'd like to donate to the food bank...



Our movers donate their time to pack up your food and deliver it to the local food bank...



At the food bank, your donations will be sorted and then delivered to local families in need!

What to Donate?

Canned: Vegetables, Fruits, Stews, Soups, Beans, Tuna Pasta • Sauce • Baby Food
Dry Beans • Flour • Cereal
Oatmeal • Juice • Rice
Peanut Butter & Jelly

These are the facts:

More than **1.9 million** people in Illinois live on incomes that put them at risk of hunger. **36%** of those in need are children. Donate and join the **MOVEMENT** today!



Northern Illinois
Food Bank



Visit www.MoveForHunger.org for more information or to get involved!