

# SEPTEMBER FOOD DRIVE



## Monroe Harding

### How to Donate

#### Dry Goods Donation

1. Check out our "Most Needed" list below and choose which items you would like to donate.
2. Bring items to:  
1 Vantage Way, Ste C-165  
Nashville, TN 37228
3. Share with your friends and get them to donate too!

#### Hot Meal Donation

1. Sponsor a meal, or ask your favorite restaurant to sponsor a meal.
2. Prepare a meal yourself. Grab some friends and cook together!
3. Volunteer to serve a meal. Another great opportunity to volunteer with your friends!

#### Fill-A-Bag Donation

1. Check out our Fill-A-Bag below to see how far your donation will go.
2. Think about the amount of money you spend on food monthly or even daily.
3. Smile when you realize you've helped our youth with their food security.

#### Most Needed

- Fruit and Veggie Canned Goods
- Pastas and Sauces
- Soups (Ramen, Canned, etc.)
- Breakfast Items (Oatmeal, Pancake Mix, Syrup, Jelly, Pop Tarts, Cereal)
- Snack Foods (Snack-Size Chips and Pretzels, Cookies, Granola, Peanut Butter or Cheese Crackers, Trail Mix, Candy)
- Popcorn
- Gummies
- Canned Tuna or Chicken
- Microwavable Mac n Cheese
- Rice or Flavored Rice
- Cooking Staples (Salt/Pepper, Hot Sauce, Spices, Flour, Sugar, etc.)
- Juice, Gatorade, Water

## Dry Goods

Where can I bring my donations?

Bring your donations to Monroe Harding!

1 Vantage Way, Suite C-165

Nashville, TN 37228

Monday - Friday ~ 9:30 am - 3:30 pm

For alternate times, please contact  
[donate@monroeharding.org](mailto:donate@monroeharding.org)