

# Food Drive for



**Healthy Kiwanians  
Healthy Communities**  
2013-2014 Governor's Project  
Ohio District of Kiwanis International



Please collect canned fruit (in natural juices), dried fruit and low sodium meats for our Ohio communities in need. Cases of any food item are easier for food banks to stock. Invite your community or grocery store to participate. Bring all collections to midyear education day.

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## HELP US COLLECT THE FOLLOWING FOR MIDYEAR:

- **Canned fruit in natural juices and fruit cups**
- **Dried fruit**
- **Low-sodium canned meat and fish**
- Peanut butter
- Almonds, nuts, fruit bars, granola bars
- Whole grain pasta and crackers
- Dried or canned beans and lentils
- 100% juice boxes