



Did You Know?

Over 232,150 children
in Massachusetts are food
insecure

DONATE YOUR FOOD WHEN YOU MOVE



Moving?
Set aside your unopened,
non-perishable food items



Our crew will pack up your
food and deliver it to the
local food pantry



From there, your donations
will be sorted and delivered
to local families in need.



We Proudly Support Move For Hunger

WHAT TO DONATE?

Pasta/ Sauce, Baby Food/Formula, Dry Beans, Flour, Cereal,
Oatmeal, Juice, Rice, Peanut Butter & Jelly, Crackers, Cookies
Canned: Vegetables, Fruits, Stews, Soups, Beans, Tuna, Meat

For More Information Visit : www.MoveForHunger.org