



# MTA/NJ 2015 Holiday Food Drive

**When:** December 10, 2015

**Where:** Jumping Brook Country Club, Neptune, NJ  
*At the MTA/NJ Annual Christmas Party*

**Run by:** MTA/NJ

**Why:** To benefit our local communities in need

**Please bring non-perishable items to the MTA/NJ Christmas Party on December 10, 2015. Items can also be dropped off at the MTA/NJ Office - 2516 Highway 35, Suite 201, Manasquan, NJ through December 3<sup>rd</sup>. For more information, please call 732-292-1051.**

## **MOST NEEDED ITEMS INCLUDE:**

Canned Tuna, Chicken, Salmon (in water)  
Canned Fruits (packed in juice or light syrup)  
Canned Vegetables (low sodium or no-added salt)  
Natural unsweetened applesauce  
Brown, Wild, White Rice  
Peanut Butter & Jelly  
Pasta (whole grain preferred)  
Canned or dry beans, peas, lentils  
100% juice boxes  
Healthy snacks  
Unsalted nuts  
Hot & Cold Cereal (low sugar preferred)  
Cooking Oils  
Ready-to-eat Canned Meals  
Canned Dry Beans

**NO GLASS ITEMS PLEASE**

***THANK YOU!***