

FOOD DROP OFF

FIRST CHOICE EMERGENCY ROOM SUPPORTS

June 5–14, 2015

houston foodbank

Filling pantries. Filling lives.



Historically, the summer months are the slowest time for food donations, and yet the hungriest season of the year as school is no longer in session and children lose their access to daily breakfast and lunch. To help stock the food bank for summer, all First Choice Emergency Room

facilities will serve as drop-sites for non-perishable and nutritious food items.

How To Help: Between June 5th and June 14th, bring in any of the following items to any First Choice Emergency Room. A list of First Choice ER facilities can be found online at www.fcer.com.

Items Needed Most:

- + Canned chicken in water
- + Canned tuna in water
- + Vienna sausages
- + Chili with beans
- + Meat stew with vegetables
- + Canned beans
- + Beef ravioli
- + Canned ravioli or spaghetti with meatballs/meat sauce
- + Canned fruits
- + Natural applesauce
- + Soups with meat or beans
- + Low-sodium and low-fat meals-in-a-can
- + Low fat cereals and cereal bars
- + Pastas

Other Items Accepted:

- + Healthy, non-perishable food
- + Items with intact, un-opened consumer or commercial packaging
- + Items with non-breakable packaging (no glass please)
- + Food within the expiration date on the packaging

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