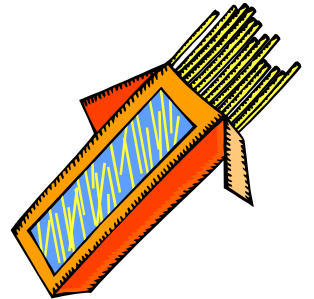




We  heart-healthy foods
like these...

- Canned proteins (tuna, salmon, chicken, chili)
- Shelf-stable milk (like Parmalat)
- Peanut butter
- Canned potatoes
- Cans of fruit, low-fructose
- Hot cereal (oatmeal, grits, cream of wheat)
- Small/medium box of cold cereal
- 1–2 lbs. pasta
- Boxed macaroni and cheese
- 2 lbs. rice
- 1 lb. dried beans
- honey (plastic container)



Low-sodium and low-sugar foods are especially appreciated!

NOTE: ALL CANS SHOULD BE #303 size or 12-16 oz.

NO GLASS CONTAINERS PLEASE!

*Low-income neighbors—from children to seniors and from throughout
Mercer County—will receive nourishment from the food you donate.
We are grateful for your donations!*

Learn more about Crisis Ministry and how you can volunteer your time!

www.thecrisisministry.org

IN PRINCETON: Nassau Presbyterian Church,
61 Nassau St., Princeton, NJ 08542 609-921-2135
Pantry/Office Hours: M-Th, 1:30 – 4:00 pm

IN TRENTON: 123 E. Hanover St., Trenton, NJ 08608 609-396-9355
Store Hours: 9:00 am – 12:00 noon
(office hours: 9:00 am – 5:00 pm)

