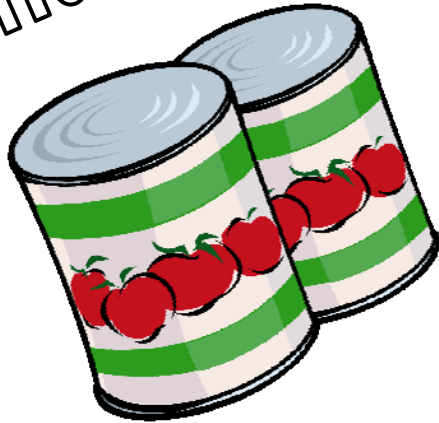


# READY! SET! DONATE!

## HELP FRCDS HELP THOSE IN NEED!



During the weeks of November 2<sup>nd</sup> through November 20<sup>th</sup>, please bring us your canned, dehydrated, slow-perish food and personal items. We will donate these items to the FISH Food Pantry of Carpentersville. Below is a list of items that the food pantry is most in need of, but of course, all donations are welcome! Help us help those in need!

And remember to help FRCDS fill The Friborg Commons! Help us reach our school-wide goal of 500 donated items.



- \* Flour, sugar, seasonings, and other baking items
- \* Juice boxes, granola bars, and other lunch items for kids
- \* Diapers
- \* Formula (with iron)
- \* Cleaning supplies
- \* Toothbrushes, combs, and other personal items
- \* Peanut butter
- \* Grape jelly
- \* Canned tuna and other canned meat products
- \* Breakfast cereals
- \* Powdered milk
- \* Canned vegetables
- \* Canned dog and cat food