

# TOP FOOD NEEDS

Winter 2011-2012

## **ALERT! Our food supplies are at critical lows and we need your help!**

With the recent spikes in food prices, we have more **local households** in crisis requesting help. CRC is in critical need of Non-Perishable Foods in **cans, boxes, bags, squeeze bottles** to meet this demand. Please pack in medium-size boxes or grocery bags that can be safely loaded/unloaded. **Please, no glass.**

—**Breakfast Foods:** Cereal (hot or cold), Milk (evaporated, condensed, powder or sterilized), Juice (plastic bottles, cans, pouches, or cartons) Dried Fruit or Fruit Bars, Jam/Jelly/Preserves, Granola Bars, Cereal Bars, Power Bars, Bisquick or other Pancake/Muffin Mix, Oatmeal, Pancake Syrup, Maple Syrup, Powdered Eggs or egg substitute

—**Cooking Staples:** Salt or salt substitutes, Flour, Granulated Sugar in 1-lb BOXES (please no bags or powdered sugar), Cooking Oil

—**Pasta & Rice:** Mac'n cheese, Ramen; canned pasta (ravioli or SpaghettiOs); rice; pasta;

—**Soups & Sauces:** All kinds of soup and spaghetti sauces

—**Meats & Proteins:** chili or stew; canned meats of all kinds; peanut butter; dry beans

—**Vegetables:** refried beans, pork & beans; corn; peas; beets; carrots

—**Fruit:** apple sauce; raisins; all canned fruit

—**Drinks:** apple or grape juice; powdered milk  
(Please, no sodas, tonic water, whole coffee beans, wine or beer; no bottles.)

—**Single Serving/Easy Open Foods:** juice boxes; cheese & crackers; tuna&crackers; tuna in pouches; boxes of chili; cup o' soup

### **DONATION DROP OFF CENTER**

Individual donations of food accepted **7 days a week from 9AM to 4PM\*** at the CRC Donation Center located at the Encinitas Thrift Store, **111 "C" Street in Encinitas**

**\*Winter Season Note: Closed on January 1 and February 20, 2012**

### **HOST A GROUP, ORGANIZATION, or BUSINESS/OFFICE FOOD COLLECTION**

Please call (760) 230-6305 for drop off or pick up options, fliers, and other details.

CRC provides critical short-term food assistance to local households in crisis throughout the year.