

Kern County 4-H Cares!

- Canned Food Drive -

Help Support

The Golden Empire Gleaners

Please help your local 4-H Office with contributions of non-perishable food items to assist The Golden Empire Gleaners in restocking their food shelves for the season and beyond.

The University of California Cooperative Extension Kern County and Farm and Home Advisors Office will be collecting non-perishable food items through December 16, 2015.

Please bring in your items to donate to our office at 1031 S. Mt. Vernon Avenue. There will be a collection box for your convenience. If your club is unable to bring in food items to our office, please call 661-868-6200 and we will make arrangements for pickup!

Let's Show Our Community

How 4-H Can Help!



Please see following page for suggestions



FOOD DRIVE SUGGESTIONS

We recommend **non-perishable items** for most food drives and monetary donations are great help too!

If possible please keep cans separate from glass jars and/or crushable boxed items.

Some drives are a competition among the organization based on pounds of food donated. In this case, heavy is better! Some ideas of desirable heavy items: Sugar, coffee, peanut butter, bags of rice, beans or potatoes (5 lbs. and under pkgs. are best),

Items we love to receive:

MEAT AND PROTEIN

Canned fish, meat, chicken or stews
Chunky soup
Chili
Spaghetti sauce
Spaghetti or ravioli
Macaroni and cheese
Peanut butter
Canned beans and pork and beans

VEGETABLES

Soup
Canned vegetables
Instant potatoes

FRUITS

Canned fruits

MILK

Canned Evaporated milk
Infant formula

STAPLES

Cereal
Crackers
Cake, cookie, muffin, or pancake mix
Pasta
Rice
Sugar
Coffee
Beans
Meals in a box, e.g. Mac & Cheese
Jams, Syrup, Dressing in plastic bottles