

Kern County 4-H Clubs

Kern County Cares! Canned Food Drive

Golden Empire Gleaners

We need your donations! Win a pizza party for your club. PLEASE contribute to the UC Office by Friday, December 21st at noon.

Thank you to these clubs that have participated!

- Four Aces 4-H 95 pounds
- Tehachapi Mountain 4-H 21 pounds
- Battson Family with Champion 4-H 20 pounds

See attached for suggestions from the Gleaners

Thank you from UCCE Kern County



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