

WHAT TO BRING FOR A HEALTHY FOOD DRIVE:



Proteins & Stews



Breakfast Items



Packaged Noodles



Canned Vegetables & Fruit



Healthy Snacks



100% Juice Boxes

Items too big for Backpack Buddies... but useful in Grocery Bags for Seniors and School Pantries:

- Whole grain pastas
- Dry beans
- Brown and white rice
- Low/no sugar cold cereals
- Dried fruits and nuts

DO NOT BRING:

- Sugary snacks (cookies, pop-tarts)
- Spam and Vienna Sausage
- Soft-top applesauce, fruit or Jell-O
- Candy
- Juice pouches
- Sugary cereals
- Crackers, puddings or soft cereal bars

DROP OFF:
(after your food drive)

IFFS Headquarters
1001 Blair Drive
Raleigh, NC 27603
M-F, 8am - 3:30pm

IFFS at Bull City Cool

902 N Mangum Street
Durham, NC 27701

By appointment: Amber@FoodShuttle.org



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