THIRD ANNUAL
UVA STEM
FOOD DRIVE

Astronomy  Biology  Chemistry  Environmental Sciences  Math  Physics

NOV 1 — DEC 5

Ask your administrator for your department’s donation drop-off location and a list of most needed items.

Non-perishable food  Baby supplies  Dental supplies  Personal hygiene

The department with the most donations wins!

Blue Ridge Area FOOD BANK  UNIVERSITY OF VIRGINIA
Donation Guidelines

**YES**

Non-perishable items
- Canned meats, beans, vegetables
- Boxed goods
- Peanut butter
- Pasta, rice

Baby supplies
- Diapers
- Formula
- Baby food

Dental supplies
- Toothbrushes
- Toothpaste

Personal hygiene
- Soap
- Deodorant
- Shampoo, conditioner
- Tampons, pads

**NO**

Perishable foods
- Baked goods
- Fruit, vegetables
- Non-canned meats
- Dairy
- Frozen foods

Expired items
- Items must have an expiration date AFTER Jan 2024

Glass containers
- Pasta sauce
- Fruit preserves

Homemade items
- Broken/open packaging

Ask yourself, "What would I want on my dinner table?"
Most Needed Items
No glass please!

<table>
<thead>
<tr>
<th>Item</th>
<th>Specification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canned soups, stews and chili</td>
<td>low sodium</td>
</tr>
<tr>
<td>Canned veggies</td>
<td>low sodium</td>
</tr>
<tr>
<td>Cereal</td>
<td>low sugar, whole grain</td>
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<tr>
<td>Peanut or almond butter</td>
<td>low sugar</td>
</tr>
<tr>
<td>Spaghetti sauce</td>
<td>low sugar</td>
</tr>
<tr>
<td>Boxed mac &amp; cheese</td>
<td></td>
</tr>
<tr>
<td>Pasta and rice</td>
<td>whole grain</td>
</tr>
<tr>
<td>Canned tuna and chicken</td>
<td></td>
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<tr>
<td>Paper products</td>
<td></td>
</tr>
<tr>
<td>Baby food, formula, and diapers</td>
<td></td>
</tr>
<tr>
<td>Soap and feminine products</td>
<td></td>
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<tr>
<td>Toothbrushes</td>
<td></td>
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</tbody>
</table>

Thank You!  
www.brafb.org
A friendly reminder that the Third Annual UVA STEM Food Drive is happening November 1 through December 5. Last year Biology was number one with the most donations (for the second year in a row)! **Help us to keep our title!**

See the list of donation guidelines from the Blue Ridge Area Food Bank. You can drop your donations off in the Biology office during operating hours.

THANK YOU!

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**Personal Shoppers Option**

If you haven’t the time for grocery shopping or just plain forget to bring items in, there’s another option for you! Sherrie Jones and Mary Liberman will volunteer to be personal shoppers for people who would still like to contribute to this worthy cause. You can stop by the office during scheduled open hours or contact Sherrie at SMB3N@virginia.edu or Mary at ML5AC@virginia.edu to make arrangements.