

THIRD ANNUAL

UVA STEM FOOD DRIVE

NOV 1
—
DEC 5

Astronomy
Biology
Chemistry
Environmental Sciences
Math
Physics

Non-perishable food
Baby supplies
Dental supplies
Personal hygiene



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

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 meat
Dairy
Frozen foods

Expired items

Items must have an
expiration date AFTER
Jan 2024

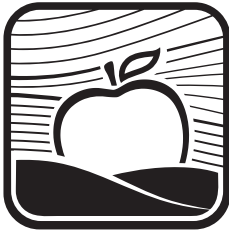
Glass containers

Pasta sauce
Fruit preserves

Homemade items

Broken/open packaging

**Ask yourself, "What would I want on
MY dinner table?"**



Blue Ridge Area **FOOD BANK**

Everyone should have enough to eat.

A member of
**FEEDING
AMERICA**

Most Needed Items

No glass please!

Canned soups, stews and chili - *low sodium*

Canned veggies - *low sodium*

Cereal - *low sugar, whole grain*

Peanut or almond butter - *low sugar*

Spaghetti sauce - *low sugar*

Boxed mac & cheese

Pasta and rice - *whole grain*

Canned tuna and chicken

Paper products

Baby food, formula, and diapers

Soap and feminine products

Toothbrushes

Thank You!

www.brafb.org



Blue Ridge Area **FOOD BANK**

Everyone should have enough to eat.

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!



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.