



During this unprecedented COVID crisis, visits to The ARK Food Pantry have quadrupled.

In light of this situation, food donations to our pantry are needed more than ever.

This year we will not be distributing grocery bags, but you can still help.

Please see the list below.

All food pantry donation must be certified kosher (symbols listed) and should have six months before expiration.



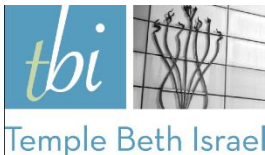
THE ARK HIGH HOLIDAY FOOD DRIVE LIST

- | | |
|-------------------------------|----------------------------------|
| Canned vegetables | Pasta |
| Canned fruit | Rice |
| Canned beans | Couscous |
| Vegetarian baked beans | Tomato sauce |
| Creamy peanut butter | Canola oil |
| Jelly or Jam | Dish liquid |
| Sugar | Laundry detergent |
| Honey | Sponges |
| Tuna | Paper towel |
| Applesauce | Toilet paper |
| Crackers | Facial tissue |
| Cereal | Bar soap |
| Oatmeal | Liquid hand soap |
| Boxed dairy or non-dairy milk | Children's diapers sizes 4, 5, 6 |

On behalf of the ARK and the Social Action Council we thank you for your helping our community in need.

Drop off at Temple Beth Israel any time the office is open.

Drop off begins on Sunday, September 13 and ends on October 8th.



Questions? Email Debbie Shulruf - deborahshulruf@gmail.com