

We need your help...will you host a

FOOD DRIVE

FOR  ALIVE?

What we need:

- Instant rice cups
- Canned hearty soups and stews
- Canned meats (tuna, chicken, salmon, beef, spam, turkey, pork, ham)
- Dried and canned fruits
- Packaged nonperishable meals
- Maruchan noodles (variety of flavors)
 - Chili (with & without beans)
 - Individual microwavable pastas
- Individual snacks (trail mix, chips, granola bars, popcorn, jerky, protein bars)
 - Baby food (all stages)
 - Baby formula (variety)
 - Dried milk
 - Pop-top canned goods
 - Honey, peanut butter, jelly
 - Broths (chicken, beef, vegetable)
- Fruit juices (orange, apple, grape, etc.)- in boxes or plastic
- Gatorades, tea, lemonade, water- in boxes or plastic

ALIVE's Nights of Safety Program

is the ONLY program of its kind in our area, serving as a safety net for domestic violence survivors and their children in greater St. Louis and surrounding areas. The need for this program has never been greater; thus, the need for non-perishable food for clients continues to grow. While empowering clients to secure longer-term safe shelter, ALIVE supports basic needs including meals, personal items, medicine, transportation and more. Clients are empowered to focus on building self-sufficiency and personal safety.



INFORMATION

We truly need your help. If you are interested in hosting a food drive for ALIVE's NOS program, please email Deb at debra.cotten@alivestl.org or call 314.570.1373

www.alivestl.org