



**MIGHTY MITZVAH DAY @ Gottesman RTW Academy
Thursday, June 2, 2016**

The students will be participating in Federation of Greater MetroWest's **Stuff the Bus** program, collecting can goods and non-perishable items for the Interfaith Food Pantry, Morristown.

Help us collect food and drop off at the school, 146 Dover Chester Road, Randolph, by May 31st.

Please note: Items in red are most needed

FRUITS & VEGETABLES – Look for fruit canned in its own juice or with “no sugar added”. Look for low sodium vegetables.

- Canned Fruit and vegetables
- **100% Fruit Juice** – 32 oz. preferred
- Spaghetti / Pasta Sauce, Tomato Products (sauce, crushed, whole, diced, paste, puree, etc.)
- FRESH PRODUCE from your garden (uncooked)

GRAINS and PROTEIN

- Cereal – low sugar, high fiber
- **Pasta** / Whole Wheat Pasta
- White Rice / Brown Rice – 1 or 2 lb. sizes preferred
- Canned Beans and Dried Beans
- Tuna Fish, Salmon and other canned fish
- **Peanut Butter** – 18 oz preferred

DAIRY – Donate shelf-stable low-fat (1%) or non-fat dairy products

- **Parmalat** (shelf stable 32 oz size)
- Evaporated milk
- Calcium-fortified Milk alternatives such as soy, rice or almond milks

SOUPS and SIDE DISHES

- **hearty soup varieties**
- **low-sodium – condensed and hearty varieties**
- **Rice-A-Roni**

BABY and SPECIALTY ITEMS

- Enfamil Infant Formula
- Baby Food – **Stage 1, Stage 2, Stage 3 – Fruits, Vegetables, Meats and Meals**
- Gerber cereals/oatmeal
- Diapers – Size N, Size 1, Size 2, Size 3, Size 4, Size 5, **Size 6**
- **Boost or Ensure, regular**
- **Boost Glucose Control or Glucerna**