

# BES HOLIDAY FOOD DRIVE

Dear Parents & BES Staff,  
NEST is holding our 4th Annual Food Drive from Nov 10-30.

Please join us in ensuring that all BES families can enjoy a special meal this holiday season. Each year, a group of individuals—with the help of our local food pantry, church, and NEST—work to provide holiday food baskets to BES families in need during the holiday season.

As you shop for your own Thanksgiving meal, please consider purchasing and donating a few items listed below. Or ideally, consider a cash or grocery gift card donation (see below on why this is best).

Donations may be dropped off at BES through Nov 30. NEST will also be making a monetary donation with proceeds from our Gift Basket Silent Auction to be held during the Holiday Concert on Dec 13 & 14.



## Food Drive Guidelines

- Items purchased in smaller sizes help with ease of storage and distribution.
- Purchase non-perishable food only and check expiration dates.
- Durable plastic, paper or aluminum packaging is preferred over glass.
- Pull top cans are much appreciated by those that may not have a can opener.

## Suggested Items:

### Holiday Items

- Boxes of Stuffing
- Cranberry Sauce
- Canned Sweet Potatoes
- Canned Vegetables, etc

### Grains & Cereals

- Rice, pasta & other grains
- Boxes of Cereal & Oatmeal
- Mac & Cheese
- Crackers
- Cereal bars or Granola

### Proteins

- Canned Stews & Chili
- Canned Tuna, Chicken, Ham
- Canned Pasta dishes
- Peanut or Almond Butter
- Bags of Dried Beans

### Also Needed

- Condiments
- Pantry Basics
- Baby Formula & Supplies
- Snacks for Children
- Personal Care Items

### Fruits & Vegetables

- Canned Vegetables
- Canned Fruits
- Canned Soups
- Canned Tomato Sauce
- Fruit Cups

## Consider Health:

- Many people have health issues or dietary guidelines and healthier options are always best.
- Choose low-sodium and low sugar options for donation when possible.
- Avoid foods high in sodium, sugar, fats, oils, and non-nutritional items like chips, cookies, candy, etc.

## Consider a Cash Donation:

Cash is the simplest and most appreciated donation. Food pantry officials can use the money (cash or grocery gift cards) to buy whatever healthy staples are in low supply. Also, because pantries purchase in bulk, they get more for the money than the average grocery shopper does. When in doubt, donate cash. Make checks payable to: **BES NEST** and write "Food Pantry Donation" in the memo line.

