

# HIGH HOLIDAY DONATION LIST



## 1. CANNED FRUIT

Packed in juice, not heavy syrup

## 2. PROTEIN

Canned tuna, chicken, and salmon, etc.

## 3. OTHER PROTEIN

Canned beans, peanut butter

## 4. CEREAL

Whole grain/lower-sugar cereals

## 5. CANNED SOUP

Healthy choices, lower sodium

## 6. RICE

Individual 1-2 lb bags

## 7. TOMATO/PASTA SAUCES

## 8. CARBOHYDRATES

Whole grain pasta, macaroni and cheese, etc.

## 9. CANNED VEGETABLES

## 10. DIAPERS & FEMININE HYGIENE PRODUCTS

Currently, 1 in 5 girls miss school because they don't have access to feminine hygiene products and 1 in 3 families find themselves without diapers. Donations for Dignity is an initiative to ensure these needs are met.

### Diaper and Feminine Hygiene Product Donation Drive

ABBY&FINN +TOP have come together and partnered with JFS to host a diaper and feminine hygiene product donation drive. **Your donation will be generously matched dollar for dollar** up to \$18,000 from Diane Cushman Neal and Scott Neal.

DONATE AT [DONATIONSFORDIGNITY.ORG](https://DONATIONSFORDIGNITY.ORG)

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