

hunger awareness month

ku

food

drive

want to help?

Items of most need are listed on the back of this sheet. Visit hunger.ku.edu to find out where and how to donate.

oct 1 - oct 31

educate.
advocate.
donate



@kufightshunger



oct 1 - 31

shopping list

During the entire month of October, KU Fights Hunger will be collecting donations to benefit Just Food and their partners. Below is a list of items they need the most. Find out where you can donate by visiting HUNGER.KU.EDU.

- canned vegetables¹
- Canned fruit (light syrup)²
- Canned meat^{1,4}
- canned soup w/ veggies¹
- cereal (hot + cold)¹
- nuts/seeds/peanut butter/spreads^{2,4}
- whole wheat bread/tortillas/pasta/brown rice^{1,3}
- Soap/detergent/shampoo
- toilet paper

1. low sodium (soup, veggies < 250mg; meats < 450mg)
2. low sugar (< 12g)
3. whole grains listed as first ingredient
4. low saturated fats (nuts < 4g; meats < 2g)