

# High Holy Days Food and Fund Drive for the Capital Area Food Bank (CAFB)



High Holy Days **Food Drive**

**Both Monetary and Non-Perishable Foods Donations Welcomed.**

**Help us reach our \$5,000 goal. Together we can reduce hunger!**

## Fund Drive

Through your monetary support to the CAFB we can help even more of our food insecure neighbors.

- Every \$1 you give equals 3 pounds of food or 2.5 balanced nutritious meals
- CAFB can purchase critical food items like meat, dairy and produce
- Monetary contributions can be made either online on our fundraising page: **[www.mightycause.com/story/Templesinai](http://www.mightycause.com/story/Templesinai)** or by check payable to Capital Area Food Bank and mailed to TSWRJ at Temple Sinai (*please write Temple Sinai on the memo line*)

## Food Drive

Please fill a grocery bag (or two) with healthy, non-perishable foods and bring it to Temple Sinai or Bethesda Chevy-Chase High School on Yom Kippur morning.

Most wanted items are high fiber, low-sugar and low sodium foods including:

Canned tuna, salmon and chicken

Peanut butter

Low or no sodium canned vegetables and beans and dry beans

Low sugar canned fruit

Hot or cold cereal, such as oatmeal, cheerios, cornflakes and raisin bran

Grains such as brown/white rice, pasta, macaroni and cheese

100% juices, including juice boxes

Healthy snacks, such as raisins and granola bars

**Thank you for your continued support of this important cause!**

For additional information, please contact Michelle Engelmann at [rjh500@aol.com](mailto:rjh500@aol.com).  
or check the TSWRJ webpage [www.templesinaidc/gather/tswrj](http://www.templesinaidc/gather/tswrj)