

GROVETON COMMUNITY NEEDS YOU!

United Community Ministries (UCM) serves the needy along the Route 1 corridor.

The UCM Food pantry is experiencing a critical shortage. If you would like to help, please join the GCA help others.

PLEASE BRING a bag with any of the items on the below shopping list to one of the GCA Officers or to any of the GCA meetings. NOTE: they need plastic utensils (like the ones you get from carry-out) and plastic bags (like the ones from the grocery store).

GCA FOOD DRIVE

Canned meat (beef, turkey, chicken, pork or ham)	Canned tuna – 6 1/8 oz. cans, water packed
Canned soups – 10 3/4 oz cans	Canned fruits 15-16 oz cans (pineapple, fruit cocktail, applesauce, peaches)
Canned vegetables 16 oz cans (corn, green beans, peas, carrots, etc.)	Canned beans 16 oz cans (baked, pinto, kidney, black, etc.)
Pasta 16 oz packages	Rice 16 oz. packages
Tomato Sauce 16-16 oz cans or jars	Pasta Sauce 24-26 oz jars
Cereal 18-20 oz boxes	Macaroni and Cheese 7 1/4 oz boxes
Peanut Butter 16 oz jars	Jelly 15 oz jars
Dry milk 9.6 oz boxes	Baby Food (cereals, jars of fruit, meat, vegetables)
Diapers (all sizes)	Small juice boxes
Small individual serving boxes of cereal	Pop-top or peel-off cans of meat, fruits and applesauce
Small boxes of raisins	Small toiletries (like hotel travel size)