



**Or Hadash's 5778  
High Holiday Food  
Drive is from:**

**Friday, September 1  
to Monday, October 16**

*to benefit food insecure  
families in our community*

**This year we will be collecting:**

***KOSHER CANNED PROTEIN ITEMS:***

**Canned Beans:** Kosher only; lower salt preferred (*i.e. legumes, chickpeas etc.*)

**Nut Butters:** Kosher only; lower salt preferred (*i.e. peanut butter, almond butter etc.*)

**Canned Fish,** Kosher only; (*canned tuna, salmon, sardines, etc.*)

**All food collected must meet the following criteria:**

*Be kosher*

*Have a future expiration date*

*Be properly sealed*

*No bulk sizes (large items are not appropriate for our older adult population)*

*No glass items*

**Please bring in your donations to support those in need through  
the Mitzvah Food Project. Your participation will help us to  
make this year's food drive our most successful yet!**