2023 Kids for Helping Kids

October 1-31, 2023

Kids Helping Kids is an anti-hunger campaign to mobilize students in Montgomery County schools to raise food and funds for their hungry peers across the county.

Donating to this food drive teaches children valuable lessons about hunger, engages students in giving, and shows young people that they have the power to make a difference in their community.

Join the fight to end hunger!



12301 Old Columbia Pike Suite 200 Silver Spring, MD 20904 301-424-1130 * www.mannafood.org

Most Needed Foods



Grains

- · Instant Oatmeal Packets, original
- Brown Rice
- · Whole Grain Pasta

Proteins

- Tuna, Salmon, Chicken (in water)
- Dry / Canned Beans (low sodium)
- · Natural Nut Butters

Fruits & Veggies

- Canned Vegetables (low sodium)
- · Canned Fruit (in juice)
- Fruit Cups

Other Healthy Items

- · Shelf-stable, individual milk boxes
- · Cooking Oils & Spices
- Infant Formula & Baby Food

THANK YOU FOR PARTICIPATING IN KIDS HELPING KIDS!

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For further questions, contact:
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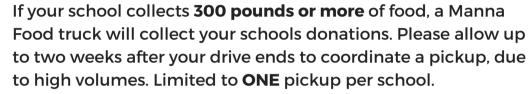
HOW TO REGISTER



We invite all Montgomery County schools to join this meaningful campaign! Participating schools must fill out the online registration form by Wednesday, September 27, 2023.

To register, please visit: www.mannafood.org/KHK and click the registration tab.

TRUCK PICK-UP GUIDELINES





All donation boxes must be stored in a sturdy box that can be lifted by hand without breaking.

*Collected food must be aggregated and located near an external door or loading dock when the Manna truck arrives on the day of pickup.

Have less than 300 pounds? Please drop off donations at Manna's warehouse, Monday - Friday, 8am to 3pm.



DOWNLOAD

Please visit <u>www.mannafood.org/KHK</u> to reference helpful materials, including Manna's Most Needed Food list.