

# October 1 – October 31, 2013

## H.E.R. SHELTER FOOD DRIVE



The Help & Emergency Response (H.E.R.) Domestic Violence Shelter is in need of the following non-perishable food items.

### MOST SOUGHT-AFTER ITEMS:

- Peanut butter
- Jams & jellies
- Macaroni & Cheese
- Canned soups
- Pop-top canned meals
- Baby Formula
- Canned fruit
- Canned meat
- Top Ramen
- Dry cereal
- Coffee
- Condiments- all kinds
- Pasta
- Box/Powdered Milk

### MEATS & PROTEIN

- Canned meat, fish and poultry
- Jerkeys
- Pasta
- Rice
- Spaghetti sauces, tomatoes, etc.
- Dry beans
- Canned beans
- Refried beans
- Meal helpers
- Boxed side-dishes
- Cup-o-soups

### FRUITS & VEGETABLES

- Canned vegetables
- Canned Fruits
- Applesauce
- Raisins

### BREADS & CEREAL

- Pancake mix & syrup
- Oatmeal
- Cornmeal
- Baking mixes
- Flour/sugar/salt
- Breadcrumbs

### DRINKS & SNACKS

- Canned juice
- Boxed juices
- Fruit snacks
- Crackers
- Cookies

### TOILETRIES & CLEANING SUPPLIES:

- Baby wipes
- Diapers- all sized
- Shampoo and Conditioner
- Body Wash
- Soap

- Baby Shampoo
- Deodorant
- Toothbrushes
- Toothpaste
- Floss
- Lotion

### NOT ACCEPTED

- Home-canned or jarred products
- Home-processed fish or game
- Opened products or products exposed to the air
- Expired Items

All donations can be  
dropped off at the  
**WOMEN'S CENTER**  
(1000 Webb University Center)

Co-sponsored with  
**Delta Sigma Lambda**

Women's Center  
1000 Webb Center  
757.683.4109  
womenctr@odu.edu  
www.odu.edu/womenscenter



  
**OLD DOMINION**  
UNIVERSITY  
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