

9th Annual
Camping For Hunger

November 13 - 18
Royal Plaza Shopping Center

Help Us Throw Hunger Under the Bus!

*Bring your
canned goods and non-perishable
food donations day or night!*

theriver953.com/CampingForHunger



All donations benefit
Front Royal/Warren County
C-CAP

CAMPING FOR HUNGER FOOD DONATION CHECKLIST

Protein Foods: Meat, Dry Beans, and Nuts

- canned tuna
- canned chicken
- canned beef stews
- canned salmon
- bean soups
- canned or dried beans
- baked beans
- canned chili
- peanut butter
- canned nuts

Personal Care Products

- shampoo
- toothpaste/toothbrushes
- shaving cream/razors
- deodorant
- feminine hygiene products

Grains: Bread, Cereal, Rice, and Pasta

- rice/rice mixes
- canned pastas
- noodle mixes
- dry noodles/pastas
- macaroni/cheese
- granola bars
- shredded wheat
- hot cereal mixes/oatmeal
- cold cereals
- muffin/pancake mixes
- whole-grain crackers
- graham crackers

Paper Products

- toilet paper
- paper towels
- napkins
- tissues
- cleaning wipes

Vegetables & Fruit

- canned vegetables
- vegetable soup
- canned tomato products
- spaghetti sauce
- V-8 juice
- canned fruit
- raisins
- applesauce
- dried fruits
- canned and boxed 100% juice

Extras

- tea
- coffee
- laundry and dish detergent
- cleaning products

Oils and Condiments

- vegetable oil
- honey
- mayonnaise
- jelly and jam
- sugar
- syrup

Kid-Friendly, Nutritious Meals & Snacks

Questions? campingforhunger@theriver953.com