



Hunger is still very real here in Monmouth & Ocean counties. Every day, 1 in 10 of our neighbors does not have enough to eat. This includes over 21,000 children in Monmouth and 25,000 children in Ocean.

Hunger is caused by many different things, so Fulfill fights hunger in many different ways. We provide food and other life-changing programs that address all the causes of hunger—to get our neighbors in need back on their feet for good and strengthen our communities forever.

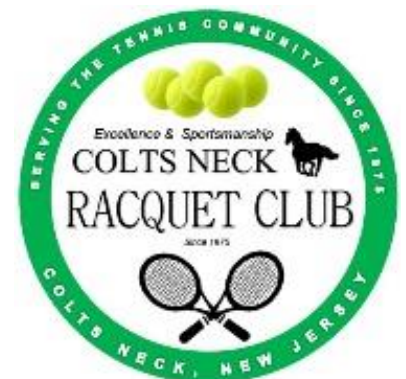
We are very grateful for each and every food item you donate. They all help provide nutritious meals every day to those in need in our communities.

Fulfill always needs a variety of canned, packaged and nonperishable foods — please no perishables — to feed more people as efficiently as possible.

**Colts Neck Racquet Club** will be joining forces to help our communities. Please remember to bring in your can goods year around.

Here Is current List of our Most Needed Items:

- Canned Tuna, Chicken, Salmon (in water) / Canned or dry beans, peas, lentils
- Canned Fruits (packed in juice or light syrup) / 100% Juice Boxes
- Natural unsweetened applesauce / Healthy Snacks
- Brown, Wild, White Rice / Unsalted Nuts
- Pasta (whole grain preferred) / Hot & Cold Cereal (low sugar preferred)
- Cooking Oils / Ready to eat Canned Meals / Canned Dry Beans



Thank you in advance!