



Annual Crisis Ministry CAN-U-Copia Food Drive

Choose heart-healthy! Help us promote good heart health with low-sodium and low-sugar foods. No glass containers, please.

- Canned low-fructose fruit
- Canned proteins (tuna, salmon, chicken, chili)
- Shelf-stable milk (like Parmalat)
- Peanut butter
- Canned potatoes
- Hot cereal (oatmeal, grits, cream of wheat)
- Small/medium box of cold cereal
- 1-2 lbs. pasta
- Boxed macaroni and cheese
- 2 lbs. rice
- 1 lb. dried beans
- Honey (plastic container)
- Fresh produce



Thank you for helping us to keep our shelves filled while promoting the health and well-being of our neighbors in need. Low-income, food-insecure families come to our three pantries for access to nutritious food as well as nutrition education and free health screenings.

TRENTON

Client Choice Pantries

123 E. Hanover St.

714-16 S. Clinton Ave.

PRINCETON

Client Choice Pantry

Nassau Presbyterian Church

(lower level)

61 Nassau St.

Learn more:

609-396-9355

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www.thecrisisministry.org



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The Crisis Ministry of Mercer County, Inc., is a nonprofit 501c3 organization.

NEW! VIRTUAL FOOD DRIVE option now online at thecrisisministry.org/virtual-food-drive