



# CANNED FOOD DRIVE

**September 5-30**

**Two ways to support Hunger Action Month at Cooper Aerobics.**

**1. Donate canned or non-perishable food items**

*NTFB's most needed items include:*

- Low-Sodium Canned Vegetables
- Canned Fruit (In-Juice)
- Canned Chicken or Tuna
- Dry or Canned Beans
- Whole-Grain Pasta or Brown Rice
- Peanut Butter

**2. Donate Online - \$1=3 meals**

<https://cooperaerobics.causevox.com>



***Remember, one meal makes a difference.***

More than 850,000 North Texans are food insecure. Fight hunger in our community by giving a can, a dollar, your voice or your time to those in need.

**#NTFB**

**ntfb.org**