



March is National Nutrition Month®!

The Branches Outreach is celebrating
National Nutrition Month®
by having a healthy, non-perishable food
drive to supply our pantry



REQUESTED DONATIONS:



- LOW OR NO SODIUM CANNED VEGETABLES AND SOUP
- CANNED FRUIT IN JUICE (NOT SYRUP)
- 100% FRUIT JUICE
- BROWN RICE
- WHOLE GRAIN CRACKERS, SIDE DISHES, PASTA
- LOW SUGAR (< 5 GRAMS) CEREAL
- BOTTLED WATER
- SUGAR SUBSTITUTES (SPLENDA, TRUVIA, EQUAL, SWEET'N LOW)
- GLUTEN FREE PRODUCTS

**Donations can be dropped off from March 1 – March 31 at
The Branches Outreach Food Pantry
Mondays, Wednesdays, and Fridays between 9 am – 12 pm
1304 Rt. 47, Unit AJ, Rio Grande, NJ 08242**

(End unit of the Village Shoppes, 2nd street entrance)

For more information, or to organize a food drive,
email Maria Elena Hallion, Executive Director

mehallion@thebranchesoutreach.org or call 609-886-5091

National Nutrition Month® is an annual campaign created 50 years ago in 1973 by the Academy of Nutrition and Dietetics (eatright.org). During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.