Sharing is Caring: Together We CAN Help the Hungry!

MNA members making a difference by giving from the Heart this February - MNA Canned Food Drive

11.4% of Massachusetts households equaling 700,000 children and adults don’t know where their next meal will come from (Project Bread 2013 Report on Hunger in Massachusetts).

Hunger IS a health problem, especially for children and the elderly. The hungry are more susceptible to illnesses like asthma, iron deficiency, cardiovascular disease, and infections. In 2010, researchers estimated that the healthcare cost of hunger in the United States was $130.5 billion. Helping to cure hunger can improve Health for many Massachusetts residents (Project Bread 2013 Report on Hunger in Massachusetts).

From February 1-28th we are asking MNA members to donate unexpired canned goods and non-perishable food items to help replenish the cupboards in regional food pantries. The months immediately following the holidays find food pantry shelves depleted at a time when the need is the greatest.

Over for more information
Canned goods can be dropped off at any of the regional offices:

Region One Office (Please call 413-584-4607 for drop off hours)
241 Kings St, Suite 226 • Northampton, Ma • Region1@mnarn.org

Region 2 Office (Please call 508-756-5800 for drop off hours)
365 Shrewsbury St • Worcester, Ma • Region2@mnarn.org

Region 3 Office (Please call 508-888-5774 for drop off hours)
60 Route 6A • Sandwich, Ma • Region3@mnarn.org

Region 4 Office (Please call 781-584-8012 for drop off hours)
50 Salem St, Building A • Lynnfield, MA • Region4@mnarn.org

Region 5 Office (MNA Office is open M-F from 8:30 a.m.-4:30 p.m. for drop offs)
340 Turnpike St • Canton, Ma • 781-821-8255 • Region5@mnarn.org

The last day for donations will be Friday, February 28th. Then all items will be delivered to food pantries in each region. **Important:** We can only accept **unexpired** canned goods and non-perishable foods. Please check expiration dates before donating items.

**Suggested list of items needed:**
- Canned vegetables, fruit
- Canned soup
- Canned tuna fish
- Canned chicken, chili...
- Spaghetti Sauce
- Boxes of Pasta
- Peanut butter
- Boxes of Cereal (low-sugar)
- Oatmeal, Cream of Wheat, Rice

**Benefiting Organizations:**

**Region 1:** Northampton Survival Center (northamptonsurvival.org)
- The Food Bank of Western Massachusetts (www.foodbankwma.org)

**Region 2:** To be announced

**Region 3:** Independence House (Hyannis)

**Region 4:** Merrimack Valley Food Bank (Lowell)
- Bread and Roses (Lawrence)
- My Brother's Table (Lynn)
- The Food Pantry/Open Door (Gloucester)

**Region 5:** Greater Boston Food Bank
- Easton Food Bank

❤ Thank You!