



SOUTH JERSEY TRACK COACHES ASSOCIATION



FOOD DONATION DRIVE

The SJTCA will be collecting food donations for the Food Banks of South Jersey at the South Jersey Sectional Championship and Bob Kiessling Invitational on Friday, November 6th and Saturday, November 14th

Donations will be counted for all Boys and Girls teams. The Boys and Girls team with the highest food donation from Groups 1, 2 and NPB as well as Groups 3, 4 and NPA will receive prizes. Your donation must have your school name and gender somewhere on it to receive credit.

See below for details on requested donations from the South Jersey Food Bank.

High Protein Items:

- Peanut butter
- Canned tuna or salmon
- Canned chicken or ham
- Beans – canned or dry
- Peanuts, sunflower seeds, almonds

Fruits & Vegetables:

- Vegetables (canned)
- Fruit (canned)
- Fruit cups
- Applesauce
- Dried fruit (raisins, cranberries, prunes)

Mixed Items:

- Macaroni & cheese
- Canned soups
- Canned stews, chilli
- Ravioli, Spaghettios, etc.
- Granola Bars

Breads & Cereals:

- Breakfast cereals (whole grain)
- Oatmeal
- Rice
- Pasta (whole grain)
- Pancake mix

Holiday Items:

- Stuffing mix
- Cranberry sauce
- Instant mashed potatoes
- Gravy
- Canned pie fillings

We CANNOT accept previously-opened containers, repackaged or home-made items.

There will be a place to hand over donations at the packet pick up area on
Please bring what you can to help a great cause.

Contact Cal @ tomahawktiming@yahoo.com with any questions