

# WANTED: FOOD

To Benefit The Family Pantry - Harwich, MA

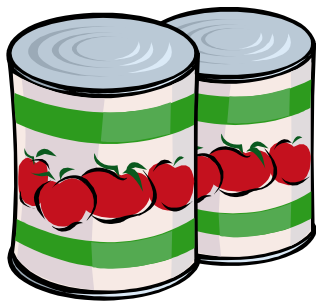


## FEED THE HUNGRY

Our local food pantry has seen an increase in demand of over 65% the past year. The ongoing war in Iraq, oil prices, the staggering economy; all of these combine to increase utility prices, food and housing costs for all of our local friends and neighbors.

**The Cape Cod Community Dare' is asking for donations at each Dare'.**

**PLEASE BRING A DONATION OF FOOD TO CONTRIBUTE.**



- ✦ Canned soup, stew and chili
- ✦ Dry and canned pasta
- ✦ Macaroni and Cheese
- ✦ Cereal, rice, and beans
- ✦ Canned fruits and vegetables
- ✦ Canned tuna, chicken and salmon
- ✦ Peanut Butter and Jelly

They especially appreciate **whole grains and natural foods**

**\*\*\*No glass please\*\*\***



Contact Mary Sprout at 508-725-6675 for information.

**There will be clearly labeled food bins at each Dare' for contributions.**

**PLEASE HELP OUR FRIENDS AND NEIGHBORS OF CAPE COD.**