



A food and fund drive to benefit
FOOD for Lane County!

**Please help us keep food pantry shelves stocked
during the Holiday Season. Donations will be
accepted at registration during Psycho Cross 3, 4 and
5-November 22, 30 and December 14.**

For every dollar you donate, FOOD for Lane County can
distribute six pounds of food to Lane County residents in need. Healthy
foods top our wish list. Please choose from this healthy foods list.

Donate These Healthy Foods!

Canned, diced or whole tomatoes
Canned and dried beans
Canned spaghetti sauce with meat
Canned stew
Canned tuna fish, chicken or salmon
Chili and refried beans
Corn meal
Unsweetened apple sauce

Low-sugar canned fruit
Low-fat peanut butter
Low-fat jam and jelly
Olive oil
Packaged brown rice
Packaged dried fruit
Spaghetti noodles
Corned Beef