



Iowa Rush Cares is kicking off our holiday food drive, Rush to Stop Hunger, to benefit Central Iowa families in need. The food drive will run from December 3rd through December 17th.

You can help by bringing nonperishable food items (please no glass containers) to your winter training sessions at Kingdom Hoops or to the *new* Rush offices at 209 E First Street (behind the Ankeny Vision Center and between Woody's Auto Shop and Napa Auto Parts). Look for the **red barrel** collection site at either location. All items donated will be delivered to the DMARC Food Pantry Warehouse.

A list of most needed items follows, but any nutritious foods that you may have in your pantry will be greatly appreciated!

100% Juice (tomato, orange, or vegetable in a can or plastic bottle)

Fruit (canned in water or 100% juice, not in heavy syrup)

Vegetables (tomatoes, green beans, mixed vegetables, or sweet potatoes, canned with no salt added)

Beans (dry or canned in water)

Peanut butter

Meat (tuna or chicken canned in water)

Whole-grain dry pasta or egg noodles

Brown rice (regular or instant)

Vegetable soup (low-sodium)

Spaghetti sauce

Cereal (instant or regular oatmeal with no sugar added, whole grain Cheerios, wheat Chex, Wheaties, granola or shredded wheat)

Shelf-stable low-fat UHT milk (in aseptic packaging, no canned milk)

Infant/baby formula

Diapers and baby wipes

Personal products (shampoo, soap, feminine hygiene, toothpaste, or deodorant)

Thanks for your support!