



## HUNGER GAMES

### Non-Perishable Foods

Each player should bring ***a standard paper grocery bag FILLED with non-perishable food*** to be donated to the Greensboro Urban Ministry. Please **write on your bag of food** both [your name](#) and the [name of your Hunger Games team](#).

Non-perishable foods are “shelf-stable” items that do not spoil or decay. They can withstand months of shelf life. **Canned food is a safe choice** as a non-perishable food. But there are other types of packaging as well.

Please check expiration dates. Please, **no glass containers or open packages**.

Examples of nutritious non-perishable food include:

- Canned vegetables
- Vegetable and fruit juices
- Dried fruit
- Canned fruit and fruit cups
- Canned tomato juice and sauce
- Whole grain crackers
- Whole grain rice
- Oatmeal
- Canned tuna, salmon, or chicken
- Dried and canned beans and peas
- Peanut butter
- Jelly
- Cereals
- Nuts
- Canned and powdered milk
- Granola bars
- Trail mix
- Snack-sized food with pull-off lids
- Snack-sized beverages such as Hi-C

We appreciate everyone’s participation in the Hunger Games. Your generous donation of food will truly benefit the many needy citizens throughout our community.

Thank you!