

# THE MUSTARD SEED PIE OFF



TAKE THE #YYJ PIE-OFF CHALLENGE

GOAL  
100,000 LBS  
FOOD  
AND  
\$100,000

THANK YOU FOR HELPING OUR COMMUNITY BREAK THE CYCLE OF POVERTY

## CASH DONATIONS HELP US PURCHASE

### DAIRY

Milk

Yogurt

Cheese

Eggs

### PERISHABLES

Any fresh veggies or fruits

Potatoes, carrots, and onions

Meat/protein

## RECOMMENDED FOODS TO DONATE

### NON-PERISHABLES

Peanut Butter

Canned Fruit

Canned Veggies

Canned Beans (chickpeas/kidney/brown)

Canned Fish [always a need for this]

Dry Pasta

Pasta Sauce

Rice

Canned Soups

### BABY NEEDS

Formula (powder or liquid)

Baby Food (jars)

Diapers

Pull-ups

### PERSONAL NEEDS

Soap (laundry/dish/hand)

Toothpaste and brushes

Deodorant

Feminine Supplies



Please bring your collected donations to the official Weigh-in at The Mustard Seed, **625 Queens Avenue between 10am and 4pm, October 31st.**