

CBI's AAA Hunger Response Program

HIGH HOLIDAY FOOD DRIVE

Achlu Avyonei Ameicha אכלו אויני עמך is taken from *Parshat Mishpatim* and means, "the poor of your nation shall eat."

The AAA program is Congregation B'nai Israel's response to hunger within our community. AAA is open to all adult members of the synagogue (ages 18 and up). High School aged and in some cases Middle School aged children are allowed to participate in certain programs alongside parents. To learn about the volunteer opportunities with the AAA Programs, (all are on a once-a-month basis), reach out to **Dan Richter (732) 261-5138** or daniel.richter@verizon.net.

**We are Collecting Non-Perishable Food Items for 2 of the AAA Programs:
The Bobrow Kosher Food Pantry at Oheb Shalom and The Interfaith Food Pantry of the Oranges**

Examples of things to bring (accepting Kosher and non-Kosher)

<p>FRUITS & VEGETABLES</p> <ul style="list-style-type: none"> • Canned Fruit • 100% Fruit Juice – 32 oz. preferred • Canned Vegetables • Spaghetti / Pasta Sauce, Canned Tomato Products (sauce, crushed, whole, diced, paste, puree, etc.) <p>GRAINS</p> <ul style="list-style-type: none"> • Cereal – low sugar, high fiber • Oatmeal • Pasta / Whole Wheat Pasta • White Rice / Brown Rice – 1 or 2 lb. sizes <p>DAIRY</p> <ul style="list-style-type: none"> • Parmalat (shelf stable 32 oz size) • Dry Milk (1-qt. package) • Evaporated milk • Calcium-fortified Milk alternatives such as soy, rice or almond milks <p>PROTEIN</p> <ul style="list-style-type: none"> • Canned Beans – meat and beans, pinto, red or white kidney; • Dried Beans • Tuna Fish, Salmon and other canned fish • Peanut Butter – 18 oz preferred • Canned Meats and Meals – ravioli, spaghetti & meatballs, hash, stew, canned chicken, chili, etc. 	<p>JEWISH HOLIDAYS</p> <ul style="list-style-type: none"> • Jars of Gefillte Fish • Kosher Cans of Soup, boxes of broth • Matzah meal <p>SIDE DISHES</p> <ul style="list-style-type: none"> • Rice-A-Roni, Pasta-Roni, etc. • Hamburger Helper, Tuna Helper, etc. • Instant/Dried Potatoes • Stuffing <p>CONDIMENTS</p> <ul style="list-style-type: none"> • Jars/bottles of Oil. Vinegar, Dressings • Bottles of Ketchup, Mayo, Mustard, Relish • Cooking oils <p>SOUPS</p> <ul style="list-style-type: none"> • condensed varieties • hearty varieties • low-sodium – condensed and hearty varieties <p>BABY ITEMS</p> <ul style="list-style-type: none"> • Enfamil Infant Formula • Baby Food (Fruits, Vegetables, Meats & Meals) Stages 1-3 • Baby Cereal – Rice, Oatmeal • Diapers – Size N, Size 1-6 • Pull ups – Size 2T-3T, Size 3T-4T & Size 4T-5T • Baby Wipes
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Collection from September 4 through October 11
 Food donations can be dropped off in the bins at CBI in the school wing and near the front office.

Please direct any questions to **Dan Richter** daniel.richter@verizon.net or 732-261-5138.