



Kern County Cares Canned Food Drive

FOOD SUGGESTIONS

MEAT AND PROTEIN

Canned fish, meat,
chicken or stews
Chunky soup
Chili

Spaghetti sauce
Spaghetti or ravioli
Macaroni and cheese
★ Peanut butter
★ Canned beans
★ Pork and beans

MILK

Canned Evaporated milk
Infant formula

★ = Desirable
Items

STAPLES

Cereal
Crackers
Cake, cookie, muffin
or pancake mix
Pasta

★ Rice
★ Sugar
★ Coffee
★ Beans

Meals in a box, e.g.
Mac & Cheese Jams,
Syrups, Dressing in
plastic bottles

VEGETABLES

Soup
Canned vegetables
Instant potatoes

FRUITS

Canned fruits

Why You Should Help!

Kern County employees have generously supported the Golden Empire Gleaners for more than 30 years. Each year, our contributions from the food drive help feed thousands of less fortunate people throughout Kern County during the Holiday Season and beyond.

County employees can provide canned food and monetary donations from November 1st to December 29th!





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Cheese Jams, Syrups,
Dressing in plastic
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What
CAN You
Donate?

2 lbs of
Food = \$ 1



EVERY CAN COUNTS!



We **CAN**
do it!

DONATE



TODAY

Kern County Cares
Canned Food Drive