

# Rams Jr. Volleyball Service Project Caring Hands Food Pantry

This year Rams Jr. will be assisting Adventure Life Church in Altoona with its Caring Hands Food Pantry. We are asking for each individual Rams Jr. athlete to bring one or more of the most needed items listed below, to the first Club meeting—November 21 at SEP High School. We will collect the food and other items that night, and make one large donation on behalf of the Rams Jr. Club. Please look over the list, and find a few items to donate to this community food pantry.

**\*\*\*Again, thank you soooooo much for your help in supporting this wonderful cause!!!\*\*\***

## **MOST NEEDED ITEMS**

**PEANUT BUTTER  
PANCAKE MIX & SYRUP  
MACARONI & CHEESE  
SPAGHETTI & SPAGHETTI SAUCE  
SOUPS, ALL KINDS  
CANNED VEGETABLES  
CANNED TUNA & SALMON  
CANNED JUICES  
PASTA NOODLES, MACARONI, RICE  
BEEF STEW  
SPAGHETTI & MEATBALLS**

## **PERSONAL HYGIENE ITEMS**

**SOAP, SHAMPOO, DEODORANT  
TOOTHPASTE  
TOOTHBRUSHES  
SANITARY NAPKINS  
DIAPERS  
DISH SOAP AND LAUNDRY SOAP**