



*No veteran
should go
hungry*

Attention Auxiliary
Members Need
your Help!



Several months ago the “Food Pantry” project was taken over by **Nutrition and Food Services** with the same mission, “Helping Veterans with Food Insufficiency”. This is not an easy task for it depends on the generosity and donations of folks like YOU! When they receive these donations this helps them to fill individual bags that the Veterans can just pick up. **This process has been working great.....BUT the shelves are beginning to look empty and that is where the great “volunteers” of the VFW Auxiliary are needed to help fill those shelves once again to allow the VA to continue this mission in making sure Veterans do not go hungry!!**



Perhaps if your Post is holding an event, ask members and guest to bring an item or two for a “food drive” you are holding for the VA Veterans Food Pantry. I am sure they will be willing to help by donating some items from the list provided. **Ask your members to bring a donation to your next meeting, have youth groups in your community try reaching out and asking them to help with a food drive as well.**

There are so many avenues to pursue to embrace not only your post members, your community, youth groups, churches, but I am reaching out and asking **YOU to initiate the idea and get the ball rolling** to gather up donations for the VA Food Pantry.

Many of you may not know how this all works at the VA, but the Nutrition and Food Service oversees the Food Pantry and it is working amazingly well. They put food bags together and staff who need them for their



Veterans can just pick them up, no questions asked. They are now running low on food items. Very often they are referred by their PCP, Specialist & Nutritionist for they see the need & refer them....



Perfect opportunity to be the **"VOLUNTEER"** who does the shopping for their Auxiliary, or a group of you make it a day and stop for lunch, perfect time to build on the comaradie of being Auxiliary sisters and brothers all while volunteering and doing something that will help our Veterans in need of additional food especially in today's economy!



"Banding Together for Our Veterans", and "Challenging the Needs of our Veterrans" we will help to make sure that NO VTERAN WILL GO HUNGRY!!!

Preferred food items for food pantry:

("canned" refers to anything shelf stable: can, box, pouch)

- Peanut butter (ok to accept other nut butters, including sunflower seed and soy nut)
- Canned fish and meats, tuna, salmon, chicken (prefer not high salt items like Spam, corned beef)
- Canned beans, all kinds
- Canned vegetables, low sodium are great, but not required
- *Shelf stable* packaged fruit in juice or light syrup
- Canned beef stew and soup
- Pasta (prefer plain, not seasoned due to high sodium)
- Rice (prefer plain rice, not seasoned due to high sodium)

- Shelf stable or powdered milk
- Some “treats” – okay to have 20% of the bag for more “indulgent” foods like cookies, crackers



One Very important thing you should also know that the VA Food Pantry makes up separate bags:

They also make some bags specifically for veterans without access to cooking facilities, and these types of items are great for these bags:

- Smaller (single serving) sizes
- Peanut butter
- Tuna packets
- Crackers, graham crackers
- “bars” – granola, protein, nut bars
- Fruit cups
- Regular protein shakes (not Boost or Ensure)
- Canned ready to eat foods, such as: ravioli, beef stew, etc.



- VAMC/Voluntary Services located in the main lobby, Call **603 624-4366 X182 (Robyn)** or **X6422 (Michelle)**
- Bring donations to State Picnic/COA on **08/19th** give to Madeline to bring to VA
- Call or Email Madeline (603 508-0843) (madelinelavfw@aol.com) to see if I can meet you to collect your donations and bring to VA
- **Please don't forget the VA donation form!**

*On behalf of the
VA Medical Center Food Pantry &
Madeline Dreusicke, Hospital Chairman*

