Jefferson is teaming up with the Philadelphia Self-Help and Resource Exchange (SHARE) to provide healthy meals for some of the hundreds of thousands of city residents who rely on food pantries.

We encourage you to “Take Time to SHARE” by dropping off healthy non-perishable foods:

- Pasta sauce, lower in sodium
- Natural peanut butter *without* hydrogenated oil
- Fruit canned in its own juice or water, instead of high fructose corn syrup
- Brown rice, whole wheat pasta, whole grain cereal/oatmeal
- Low sodium soups and vegetables, canned in water
- Canned fish (tuna packed in water, salmon, sardines)
- Canned beans (white, red, pinto)

**DATES:** December 5 – December 17

**DROP OFF LOCATION:** Alumni Hall, Scott Library, JHN lobby, 925 Chestnut lobby, Gibbon Atrium and Methodist Hospital

For more information, please contact Rickie Brawer at x5-2396 or Shelley Chamberlain at x5-5146.