



If music is the food of love,
let it be the food of life!

www.rockCANroll.org

Most needed foods:

Unopened, professionally packaged and non-perishable:

Peanut butter – plastic containers

Jams – Plastic containers

Canned meat and fish - chicken, tuna, salmon etc..

Hearty soups, chili, stews

Macaroni & cheese, boxed dinners

Coffee / Tea (Decaf too!)

Iced tea (and mixes)

Canned fruits & vegetables

Milk: Evaporated milk

Powdered milk

Powered creamers

Parmalat milk boxes

100% canned, plastic or boxed **JUICES** (individual sizes too)

Gatorade (individual sizes too)

Boxed mashed potatoes

Beans (kidney, pinto, navy, black, refried, etc.)

Dried Fruit and Nuts

Pasta and Rice

Healthy Cereals (low sugar & fat, high fiber, individual serving size too!)

Oatmeal and hot cereals

Flour baking ingredients

Sugar, sugar-free sweeteners

Baking mixes, Muffin and Roll mixes

Stuffing mixes

Spices

Canned Sauces

Applesauce, Puddings and Custards

Breakfast cereal bars

Granola Bars

Snack Bars

Infant formula, **Pediacare**

Diapers and wipes

PLEASE NO GLASS – CHECK DATES – NO DENTS. When in doubt, please, throw it out.

Monetary donations are always appreciated and accepted.

rock **CAN** roll® and the Feinstein Foundation's 1 Million Dollar Giveaway

Contact: Aimée Holtzman 516.822.3457

rock **CAN** roll® is participating in the Feinstein Foundation \$1 Million Dollar Giveaway to Fight Hunger.

That means that the more money and food (1lb/item = \$1) **donated** to rock **CAN** roll® - from March 1st to April 30th - the more of the Feinstein money will give to the rock **CAN** roll® organization! With your support we **CAN** work to **beat hunger!**

To make YOUR tax-deductible donation click here: www.rockCANroll.org and click [donate now](#) or mail a cheque payable to: rock **CAN** roll®, Inc., and mail it to: rock **CAN** roll, Inc., P.O. Box 700, Jericho, NY 11753.

Your donation to rock **CAN** roll® from March 1st - April 30th, will be counted toward this campaign and that makes **YOU** a partner in the most successful grassroots campaign to fight hunger of all times. That is something YOU **CAN** take great pride in.

On behalf of those who will benefit from your support of our efforts, I thank you.... **YOU ROCK!**

For more information on the \$1 Million Hunger Challenge visit www.feinsteinfoundation.org

In peace,

Aimée Z. Holtzman
Founder and President, rock **CAN** roll, Inc®

rock **CAN** roll, Inc®, is a grass roots, non-profit, hunger relief organization, whose mission is to be a source that CAN continually restock the shelves of emergency social service agencies. We collaborate with rock concerts, schools, corporations, and private individuals to collect canned and non-perishable food and basic supplies for distribution to local agencies and into the hands of children, seniors and families who live with hunger and in poverty.

The organization is always looking for new collaborators, supporters and friends.

rock **CAN** roll, Inc®, is a 501 C-3 tax exempt organization and donations are tax deductible to the full extent of the law.

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