



The National Multiple Sclerosis Society, Long Island Chapter teams up with rock CAN roll® to “Beat Hunger”

Please bring a **CAN** or any Healthy & Nutritious **Non-Perishable Food Donation** to the Walk. **rock CAN roll®** volunteers from **UPS** will be onsite to collect and deliver all food donations to local food pantries.

***(Please check dates, no dents and no glass. When in doubt, throw it out)**

we **CAN** beat hunger



www.rockCANroll.org

Services provided by FoodCouponsDirect.com
Design services provided by AquariusDesignsInc.com



Aquarius Designs, Inc.

rock CAN roll, Inc.®, is a volunteer, 501c3, non-profit, hunger relief organization and think tank whose mission is to be a source that **CAN** continually restock the shelves of emergency food agencies.

rock CAN roll® collaborates with rock concerts, schools, corporations, and private individuals to collect canned and non-perishable food (and basic provisions) for distribution to local agencies and into the hands of children, seniors and families who live with hunger and poverty.

For a list of **most needed foods** go to:

www.rockCANroll.org/MostNeededFoodList.pdf