

# Sharing

With

Individuals

# Meals

## **Goal / Objective**

To provide an opportunity for swimmers associated with VPSU to participate in a community service project. This initiative can have a significant impact to many families in our community. During the summer months, many of our local charities do not receive the funding or donations required to meet the needs of their constituents. Our swimmers can help fill this void!

## **Team Obligation (3 Easy Steps!)**

1. Ask families to participate.
2. Collect donated items at 3 home meets.
3. Coordinate collection / delivery to agency.

## **Agencies**

### **FISH**

312 Waller Mill Road  
Williamsburg, VA 23185  
596-7188

### **The Foodbank of the Virginia Peninsula**

9912 Hosier Street  
Newport News, VA 23601  
596-9379

## **Most Requested Items**

- ✓ Meats, Fish, and Protein – canned tuna, ham, or chicken, beef stew, chili, peanut butter, canned / dried beans
- ✓ Fruits and Vegetables – 100% fruit juice, canned fruits and vegetables, instant potatoes, fruit preservatives
- ✓ Complete Meals - pasta and sauce, boxed meals, hearty vegetable soups
- ✓ Grains – cereal, rice
- ✓ Hygiene Products – shampoo, deodorant, soap, diapers, toilet paper, toothpaste
- ✓ Cleaning Supplies – laundry detergent, paper towels, kitchen and bathroom cleaners

➤ No glass containers, perishable items, or home canned foods, please!