

JOIN HEARTLAND ALLIANCE HEALTH BY

HOSTING A FOOD DRIVE

Wishlist

Food

- Canned tuna, chicken, salmon, and sardine
- Ensure or Boost
- Peanut butter
- Unsalted nuts
- Shelf-stable milk alternatives: almond, rice, soy,
- Brown rice, quinoa, and bulgar
- Whole wheat pasta
- Low sodium soups
- Canned fruits canned in water/light syrup
- Low sodium canned vegetables, beans

Household Items

- Dish soap
- Laundry detergent
- Paper Towels
- Bleach
- Facial Tissue

Personal Care

- Toilet paper
- Body wash
- Shampoo and conditioner
- Toothpaste and toothbrushes
- Body Lotion

Let's help our friends and neighbors have another healthy year!

For more information, contact Celeste Johnson at (312)660-1390 or cejohnson@heartlandalliance.org



Help the Chicago community stay healthy by Hosting a Heartland Alliance Health food drive.

Each year, the participants of Heartland Alliance Health's Vital Bridges program, are provide with food and nutrition, housing, counseling and more for low-income Chicagoans with HIV/AIDS.

Each year, Vital Bridges:

- Collects more than \$40,000 worth of donations
- Serves 364,000 meals to 1,498 people
- Provides 1,630 personal care items

Will you help us change the lives of low-income people impacted by HIV/AIDS?

To learn more, visit
www.heartlandalliancehealth.org

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ENDING POVERTY