

# SPICE UP SUMMER FOODDRIVE

A meal has more flavor when you can cook with spices, vinegar and oil so we're asking for donations of these essential and pricier items to help **SPICE UP SUMMER**. As part of our mission to ensure access to real, healthy food; we distribute fresh, local produce such as gorgeous greens, crunchy cucumbers and, of course, tasty tomatoes. Help us to stock the shelves of our neighbors in need with donations of spices, oil and vinegar. Stick to basic spices like oregano, Italian blend, cumin, red pepper flakes, thyme and cinnamon. Canola and olive oils are the best choices because of their monounsaturated fats and mild flavor.

## Spices

oregano, Italian blend, cumin,  
thyme, cinnamon, red pepper

## Oil

olive or canola

## Vinegar

white, red wine or apple cider

please no glass, homemade  
or expired items.

For more information & where to donate:  
[ChesterCountyFoodBank.org/fooddrive](http://ChesterCountyFoodBank.org/fooddrive)  
610-873-6000

