West Side Campaign Against Hunger (WSCAH) is a nonprofit organization based on the Upper West Side that alleviates hunger by ensuring that all New Yorkers have access with dignity to a choice of healthy food and supportive services. Every November we provide turkeys and other special holiday foods to ensure that every WSCAH customers can enjoy a happy and healthy holiday season.

Donate healthy food items to support the WSCAH community. You can also donate online by scanning the QR code.

**ACCEPTED ITEMS**

**Do:** Give generously. Give foods you would serve your family.

**Don't:** Give anything expired, open, or damaged.

**SPECIAL HOLIDAY FOODS**
Canned staples (green beans, beets, yams, pumpkin, cranberries, etc.)
Gravy

**VEGETABLES**
Canned vegetables, low sodium
Spaghetti sauce, low sodium

**FRUITS**
Canned fruit, packed in juice or water
Applesauce, no sugar added
Dried fruit, no sugar added

**GRAINS**
Rice, brown or white
Pasta, whole grain or white
Hot cereal (oatmeal, cream of wheat, grits)
Cold cereal (low-sugar, high-fiber options)
Bread, 100% whole wheat

**PROTEIN**
Dried beans
Canned beans, low sodium
Canned chicken, packed in water
Canned fish, packed in water (tuna, salmon, mackerel, sardines)
Peanut butter or bagged nuts or seeds

**DAIRY**
Milk, boxed or shelf-stable, low-fat

Questions about WSCAH and the impact of your food drive?
Email our External Affairs team at development@wscah.org

[Link to WSCAH website] [Facebook page] [Twitter handle] [Instagram handle] [Email]

**DIGNITY. COMMUNITY. CHOICE.**