



Sister Evelyn  
**Mourey Center**

**Join our Food Drive**

*Help us provide healthy and nutritious meals to families in need!*

**...it's as easy as 1.2.3!**

**1. Pick a Food Group (USDA MY Plate)**

<b>Fruits</b>	<b>Vegetables</b>	<b>Grains</b>	<b>Protein</b>	<b>Dairy</b>
Canned-100% Juice Frozen Fresh	Canned-Low Sodium Frozen Fresh	Breads Pasta Rice Cereals-Hot/Cold	Beans/Lentils Tuna Eggs Peanut Butter Fish-Frozen Poultry-Frozen	Milk Cheese Yogurt

**2. Invite your friends and co-workers to participate**

- Request your friends and co-workers to contribute items on your Food Group List.
- Pick a date for everyone to drop off items in a box or container.
- Ensure all donated foods have not already expired...check expiration dates!!!

**3. Drop off Your Donated Food at:**

**Sister Evelyn Mourey Center**

1400 N. Imperial Ave, #141, El Centro

*We are located in the Posada del Sol apartment community on Pico Drive, directly across the street from Carlos Aguilar Park*

760-352-1039

Monday – Thursday, 8:30am-12:30pm