



Give a senior a hot meal on a cold day.

IN COLLABORATION WITH



Real Possibilities

Some of the non-perishable food items our elderly neighbors need (*no glass containers, please check expiration dates*):

- Soup
- Crackers
- Ramen Noodles
- Canned Meats (such as Tuna, Chicken, Vienna Sausages)
- Canned Vegetables
- Canned Fruit
- Peanut Butter/Jelly
- Oatmeal/Cream of Wheat
- Cereal/Cereal Bars
- Carnation Instant Breakfast

Low-salt, nutritious items are preferred.

WHY: Millions of seniors in our nation live at or below the poverty line. Help provide a hot meal on a cold day and remind thousands of seniors in need that the community has not forgotten them. Especially at a time like this, when seniors are more isolated from their friends and family than ever.

For those who may be unable to drop off items in person, monetary contributions are accepted and appreciated. Funds will be used to purchase non-perishable food items as well as PPE and sanitation supplies to keep our clients, staff and volunteers safe.

Groups can request a number of reusable grocery bags from the LOA. Bags should contain a minimum of: 10 cans of soup, 1 box of crackers, 2 cans of protein (tuna, chicken, etc), 1 jar of peanut butter, 2 cans of vegetables, 2 cans of fruit or applesauce, 1 box of oatmeal, 1 box of cereal or cereal bars, and 2 pasta items. Loaded bags can then be delivered to the LOA office.

HOW IT WORKS: Start collecting items in January through your church, school or other organization.

WHEN: February 8-9 from 9:30am to 3:30pm

PICKUP/DELIVER BAGS: Please call 962-0465 to schedule.

LOA CONTACT: Patrice Jefferson, P.O. Box 725 Covington, Va. 24426
540-962-0465 or loacov@ntelos.net

www.loaa.org/services/critical-assistance/soup-for-seniors/

We are dedicated to our mission of helping older persons remain independent for as long as possible.