

## High Holiday Food Drive

In April, Laurel Advocacy & Referral Services (LARS) launched a Senior Outreach Program. Once a month, they deliver two bags of specialized groceries to these individuals to support their specific dietary needs. Oseh Shalom's High Holiday Food drive supports this effort. Return donations to Oseh Shalom on Yom Kippur (Saturday October 12th)

**Please gather low-sodium, low-sugar, low-cholesterol or sugar-free versions of the following products:**

Brown Rice	Coconut Milk
Oatmeal	Vegetable Broth
Canned Vegetables	Canned Soup (no meat)
Mac and Cheese	Crackers (vegan/gluten-free)
Vegetable oil cooking spray	Cookies (vegan/gluten-free)
Peanut Butter	Garbanzo Beans
Almonds	(chickpeas)
Dark Chocolate	Vegan Mac and Cheese
Fruit Cocktail	Lentils
Salmon	
Milk	
Canned Soup	
Chicken Broth	
Sugar-free Jelly	
Jell-O – Jello	
Jell-O – Pudding	
Crackers	