



Marlboro Township Department of Recreation

1996 Recreation Way, Marlboro, New Jersey 07746

Phone: 732-617-0100 Recreation@marlboro-nj.gov

Looking for a way to help? Our Local Food Banks are in need of Food Donations

When: Monday, April 6th thru Friday, May 8th

Where: Touchless drop-off bins located at Rec Center (M-F 9am-4pm) & Town Hall (24/7)
(bins located inside the vestibules of both buildings)

Most Needed Items:

- Canned tuna, chicken & salmon
- Canned veggies (low sodium, where possible)
- Cooking oil
- Shelf-stable milk
- Pancake mix and syrup
- Peanut butter & jelly
- Canned fruits (in juice or light syrup)
- Fruit juice (100% juice)

*Soups: (low sodium, where possible)

- | | |
|----------------|------------|
| chicken noodle | minestrone |
| chicken & rice | split pea |
| beef vegetable | lentil |

Ready-to-eat canned meals:

- | | |
|---------------------------------|-----------------------------|
| chili (bean, chicken, beef) | chicken w/rice & vegetables |
| stew (vegetable, chicken, beef) | spaghetti & meatballs |
| ravioli (cheese, beef) | |

Hot cereals: oatmeal, steel-cut oats, farina, muesli

**Cold cereals:

- | | |
|-------------------------------------|-----------------|
| toasted o's (original or honey nut) | Special K |
| bran flakes | Fiber One |
| corn flakes shredded | Cascadian Farms |
| wheat brown rice | Kashi cereals |

Grape-nuts



Please look for low sodium options 140mg or less per serving OR 5% daily value (DV) or less per serving.

**** Please select cereals with whole grains listed as one of the first ingredients on the label. < 10g sugar per serving. 3-5g of fiber per serving. 5g or more of protein per serving.****

