



What is Foodstock?

Foodstock North Jersey is a food drive with music, family, and friends.

This grass-roots community effort has collected more than 175,000 pounds of food and \$70,000 in donations for local food banks in Central Jersey.

Join us for our THIRD annual NORTH JERSEY event, featuring potluck treats, door prizes, a playground, and a DJ! Bring a blanket for lawn seating, and relax and enjoy!

How can I help?

- Come to Foodstock North Jersey 2018
- Bring your family & friends
- Donate as much non-perishable food as you can- the more food, the more people who benefit!
- If inclined, bring a potluck appetizer or dessert to share
- Volunteer to collect food in your neighborhood or business
- **Volunteer to help before, at, or after the event- Email abeabm@gmail.com for more info.!**

SAVE THE DATE: September 29 from 1-6 pm
at Camp Jefferson, 81 Weldon Rd, Lake Hopatcong, NJ 07849

We collected over 1,200 lbs of food last year! Let's beat that in 2018! The more you bring, the more door prize tickets you get! Win some prizes!

Please set a reminder to participate in this exciting **POTLUCK CHARITY EVENT!** If you'd prefer to donate money (we'll buy food), checks can be made out to **Foodstock NJ**. Feel free to visit www.foodstocknj.org, too!

Examples of what to DONATE

- Stuffing, cranberry sauce, other Thanksgiving items
- Canned fruit (preferably items in light syrup or natural juice)
- Canned soups, vegetables, & beans (preferably low sodium options)
- Tuna fish (preferably packed in water)
- Cereals (preferably items less than 12g of sugar per serving)
- Coffee, tea, and boxed drinks / seasonings
- Baked beans and other canned vegetables
- Any kind of pasta, macaroni and cheese
- Mayonnaise, ketchup, mustard, and vegetable cooking oil
- Napkins, toilet paper, paper towels, and food storage bags
- Peanut butter and jelly
- Individual portions of applesauce, pudding, snacks, and juices

