



Here's how you can help the friends and neighbors' fund:

1. **Donate** to the Community Foundation for Mississippi to support families, children, local food pantries and grocery stores
https://cffms.fcsuite.com/erp/donate/create/fund?funit_id=2188
2. **Volunteer** at your local pantry
<https://formississippi.org/cfm-opens-helping-friends-and-neighbors-fund/>
3. **Deliver** non-perishable food items to:
 - A. Local food pantries
 - B. Fire stations across the city of Jackson - <https://jacksonms.gov/jackson-fire-stations/>
 - C. National Folk Festival Nov. 7-8 at all Guests Services booths - <https://jacksonms.gov/national-folk-festival/>

List of non-perishable food items include:

A. Canned and jarred goods

- a) **Meats and seafood:** Canned chicken, turkey, tuna, and other fish.
- b) **Vegetables and fruits:** Canned or jarred vegetables (like corn, peas, tomatoes, and green beans), and canned fruits or applesauce.
- c) **Soups and stews:** Canned soups, stews, and broths.
- d) **Sauces and oils:** Tomato sauce, pasta sauce, cooking oil, and olive oil.
- e) **Condiments:** Ketchup, mustard, and other shelf-stable condiments.

B. Grains, pastas, and cereals

- a) **Grains:** Rice, quinoa, oats, and couscous.
- b) **Pastas:** Dried pasta and noodles.
- c) **Cereals and crackers:** Ready-to-eat cereal, crackers, and pretzels.
- d) **Baking ingredients:** Pancake mix, flour, baking powder, and baking soda.

C. Dried goods and nuts

- a) **Beans and legumes:** Dried beans, lentils, and peas.
- b) **Dried fruits:** Raisins, apricots, and other dried fruits.
- c) **Nuts and nut butters:** Peanut butter, nuts, and trail mix.

D. Other shelf-stable items

- a) **Sweeteners:** Honey, maple syrup, and sugar.
- b) **Powdered products:** Powdered milk and dried coconut milk.
- c) **Beverages:** Bottled water and shelf-stable juices.