

Aviators in Action



Hello Baucom Families,

We are so happy to see our students back at school today! As we hear reports of the significant damage and ongoing needs across our state, we'd like to join together as a school community to help by supporting the **Food Bank of Central and Eastern North Carolina**. Bring your donated items to school any day between **Thursday, September 19 - Friday, September 28**. We will be collecting in the carpool lines and in our classrooms. You can even drop off items in the office! All donated items will be delivered to the Raleigh location by parent volunteers and staff at the end of next week.

http://www.foodbankcenc.org/site/PageServer?pagename=branch_raleigh

How You Can Help

After Hurricane Florence has made landfall, we anticipate thousands of children, families, and seniors in our community will be without power, food, and water. And we know this could just be the beginning. In response, we will be providing emergency food, water, and supplies - for as long as it is needed. [Your generosity helps the Food Bank provide emergency and increased assistance to our partner agencies, and to those who have lost so much.](#)

The **most needed items** for disaster relief are:

- High-protein canned meals with pop-top cans (ravioli, soups, spaghetti)
- Paper goods and products (paper towels/plates/cups/napkins, plastic utensils)
- Diapers
- Hygiene products (shampoo, soap, toothpaste, toothbrushes, hand sanitizer, etc.)
- Single serving meals that do not require refrigeration or cooking/meals ready to eat
- Single serving snacks such as raisins & granola bars
- Peanut Butter
- Cleaning supplies and disinfectant wipes

FOOD BANK OF CENTRAL & EASTERN NORTH CAROLINA

MOST NEEDED DISASTER RELIEF ITEMS

CANNED FRUITS & VEGGIES (pop top cans)



CANNED MEAT & FISH (pop top cans)



CANNED BEANS & SOUP (pop top cans)



CEREAL, OATS & OATMEAL



WHOLE GRAIN PASTA & RICE



PEANUT BUTTER



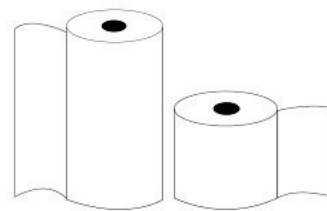
HYGIENE ITEMS



HOUSEHOLD ITEMS



PAPER PRODUCTS



BEVERAGES

Powdered Milk
Instant Tea
Coffee

Cocoa
Drink Mixes
Juice

OTHER FOODS

Dried Meats
Dried Fruits
Nuts, Seeds & Trail Mix
Granola & Protein Bars
Single serving meals that do not
require refrigeration or cooking



HURRICANE
FLORENCE

POP TOP CANS & MICROWAVABLE CUPS PREFERRED
LOW SODIUM • LOW TRANS FAT • SUGAR FREE • **NO GLASS**
FOODBANKCENC.ORG

Your support throughout disaster relief efforts provides essential meals for our hungry neighbors. Together, we can help people in their greatest time of need. Once disaster relief and recovery needs have been met, any remaining funds and food will be used to support our ongoing hunger-relief efforts.