

# BINGO

## JOIN OUR FALL HEALTHY FOOD DRIVE BENEFITTING NORTHWEST HARVEST

Join RET Care's Fall challenge! Collect items from this list & drop them off at any RET location, **October 12-November 16th, 2022**. Check off all the items on the list - BINGO! - and turn it in with your donations to receive a free RET surprise swag item, *available while supplies last...* Let's work together to stamp out hunger!

Canned Vegetables (low sodium)	Shelf-stable Plant Milk	Applesauce (no sugar)	Oatmeal	Canned Fruit, in juice
Boxed Almond or Soy Milk	Whole Grain Pancake Mix	Dry Beans or Lentils	Avocado or Olive Oil	Canned Beans (low sodium)
Dried Fruit (no added sugar)	Peanut Butter (low sodium)	northwest HARVEST northwestharvest.org	Granola Bars	Trail Mix
Canned Chicken (in water/broth)	Whole Wheat Crackers		Powdered/ Dry Milk	Whole Grain Pasta
Polenta, Quinoa or Barley	Whole Grain Cereal	Brown Rice	Canned Tuna or Salmon	Nuts or Seeds



If you want to make a monetary gift, you can donate directly to Northwest Harvest using the QR code above!

**DROP OFF SITES:** [retptgroup.com/locations](https://retptgroup.com/locations)



Happy fall, ya'll!

Thank you for participating in our RET Cares "Fall Healthy Food Drive", benefitting Northwest Harvest. We're excited to help this worthy organization, dedicated to providing equitable access to nutritious food in our local communities.

Prior to Covid-19, 10% of Washington experienced food insecurity - but this number has since risen to 47% of residents utilizing food assistance over the past year. Northwest Harvest is the leading hunger relief agency in the state, and that's why we decided to partner with them to help our impacted communities. Let's work together to stamp out hunger!

### How you can help...

- 1) Donate healthy, shelf-stable foods: dry or canned - use our BINGO card for ideas. Items should be new and fresh (not expired).
- 2) Food items can be dropped off at any of our 32 RET locations from October 12th - November 16th, 2022. Visit: [retptgroup.com/locations](https://retptgroup.com/locations)
- 3) If you can't donate food items but want to help, you can make a monetary donation directly to Northwest Harvest using the QR code below.

To make this even more fun, turn your completed BINGO card in with your donation to receive a free surprise swag item from RET (while supplies last)... We're looking forward to making a difference with you.



Donate\$

*Your friends at*



Physical Therapy & Healthcare Specialists