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As we navigate the COVID-19 pandemic together, one thing is clear: The Netcong Borough Police Department, the Skylands Rotary, the Netcong Community Partnership the Borough of Netcong and the Netcong Education Foundation **"We are all in this together and we'll be here for as long as we're needed"**. A trailer has been placed in front of the Netcong Borough Police Department to collect all types of food for our community.

**How You Can Help:**

**DONATE:** The impact of COVID-19 is increasing food insecurity in our community. **Your support ensures the Netcong Borough Community Food Bank is able to respond quickly to temporary emergencies such as this.** If you would like to help, please consider any type of dry foods, water, paper products and canned goods. A plastic container will be placed in front of the Netcong Borough Police Department as a drop off before being placed in the trailer for storage. Or if you wish to donate with a check please make it payable to the following **Skylands Rotary Foundation**, a collection portal for financial donations will be located at Netcong Borough Hall after hours mail slot. With your donation shopping will be done and all items and food donations will be distributed to needy families and our seniors in the community.

Items will be distributed by appointment only and delivery may be available to your residence. Please contact 973-214-5338 during 8:30 a.m. until 2:00 p.m.

**Safety Precautions**

**The health and safety of the entire community is paramount.**

We are following all guidelines and additional recommendations to prevent the spread of COVID-19 and taking additional steps to communicate with all of our volunteer's other partners during this extremely difficult time. All dry food donations will be safely decontaminated.

## 20 Items Food Banks Need the Most (and 3 Things to Skip)

- 1. Applesauce.** Plastic jars of unsweetened applesauce provide a quick snack, fiber and vitamin C. Applesauce also keeps well on food bank shelves.
- 2. Canned Beans.** Loaded with protein and fiber, canned beans provide an excellent, nutritious way to fill a hungry tummy. Opt for the low-sodium varieties whenever possible.
- 3. Canned Chicken.** It's simple to toss this non-perishable item into soups and casseroles or add it to a sandwich or cracker. Its versatility and high protein content make it a popular item at food banks.
- 4. Canned Fish (Tuna and Salmon).** Canned fish has vitamins, omega-3 fatty acids and protein, and it makes for a quick and easy meal. Food banks are most in need of canned tuna and salmon.
- 5. Canned Meat (SPAM and Ham).** Grab some SPAM or canned ham and drop it into a food donation bin. It's shelf-stable, doesn't require much prep or equipment to eat, and delivers a quick hit of protein to keep individuals feeling full for longer.
- 6. Canned Vegetables.** Colorful, nutrient-dense and fiber-rich vegetables are always in high demand, and canned varieties last the longest on a food bank's shelves. Look for low-sodium options. Food banks often hand out recipes using the items they have. Consider including this recipe for a hearty casserole made with canned veggies along with your donation for the food pantry to share.
- 7. Cooking Oils (Olive and Canola).** Food banks rely heavily on these essential and pricier items being donated. Canola and olive oils are the best choices because of their monounsaturated fats and mild flavor. Our guide to cooking oils can help make sure you're buying the healthiest options.
- 8. Crackers.** Perfect as a snack or as a base for canned meats, crackers are shelf-stable and portable, making them ideal for snacks and lunches. Whole grain crackers are the best bet.
- 9. Dried Herbs and Spices.** It's hard to cook a tasty meal without herbs and spices, so drop some in your cart to donate. Stick to the basics, like oregano, basil, cumin, pepper, rosemary, thyme and cinnamon.
- 10. Fruit (Canned or Dried).** Fruit, whether dried, canned or in plastic cups, makes excellent snacks for kids and adults and provide some nutrition and fiber. Choose those that are packed in water or fruit juice rather than sugary syrups.
- 11. Granola Bars.** Food banks are always in need of quick and easy items that families can toss into lunches or eat on the go, and granola bars are just the thing. Look for ones with less sugar made with oats or other whole grains.
- 12. Instant Mashed Potatoes.** Instant potatoes last longer and require minimal tools and ingredients to whip up. They're also a favorite of every age group, making them a popular item. Pass on this recipe for instant potatoes jazzed up with garlic powder for the food bank to share with its visitors (and send along some garlic powder too).
- 13. Meals in a Box.** An entire meal that's shelf-stable and in one package—dinner doesn't get easier than that, which is plus for those without stocked kitchens. Look for pasta, rice and soup kits, especially those that are lower in sodium and higher in fiber and protein.

From: <https://www.tasteofhome.com/article/20-items-your-food-bank-needs-the-most/>

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**14. Nuts.** A handful of nuts provides protein and nutrients in a hurry and is perfect for snacks and lunches. Food banks have a hard time finding them due to their higher price, so donations are essential. Opt for unsalted varieties when possible.

**15. Pasta.** This is a food bank staple since it's easy to turn into a meal. Whole grain varieties offer more fiber and nutrition than white pasta.

**16. Peanut Butter.** Kids and adults like it, and it's high in protein, making peanut butter one of the most popular items at food banks. Look for varieties that are lower in sugar, and check out our editors' list of the best tasting picks.

**17. Rice.** It's filling, versatile and easy to prepare and store. Skip the white stuff and donate brown rice when possible, because it provides more fiber. Quinoa is also a great item to donate.

**18. Shelf-stable and Powdered Milk.** Because no fridge is required to keep this milk fresh, it's accessible for everyone. Plus, it provides much-needed calcium and protein.

**19. Soup, Stew and Chili.** These canned or packaged items acts as a warm and filling lunch or dinner and often come complete with protein (meat) and veggies. If possible, try to find reduced sodium options.

**20. Whole Grain Cereal.** Here's another popular item with all ages, since whole grain cereal makes a healthy breakfast or snack. Select varieties that are low in sugar and high in fiber.

### And three to skip?

When purchasing items for a food bank, try to avoid:

1. junk food
2. items with glass or cellophane packaging, which can be broken in transit
3. things that need can openers or special equipment (pop-top cans—whether for veggies, meat or fruit—are a plus)