

## *The Belmar/Lake Como St. Patrick's Day Parade*

*The Belmar/Lake Como St. Patrick's Day Parade Committee, in cooperation with the FoodBank of Monmouth and Ocean Counties, will be collecting non-perishable items at the Parade on March 7, 2010.*

*It is an honor for the Parade Committee to work with and to support the FoodBank and we are asking all those who come to view the Parade to support this endeavor. So many people who are now going to the FoodBank are there for the first time and many of those people were donors during better times. We ask you to please be generous.*

*FoodBank containers will be placed at the Belmar Train Station, The Friendly Sons of the Shillelagh, 16<sup>th</sup> Avenue, Belmar and at the following intersections:*

<i>8<sup>th</sup> Avenue &amp; Main, Belmar</i>	<i>10<sup>th</sup> Avenue &amp; Main, Belmar</i>
<i>12<sup>th</sup> Avenue &amp; Main, Belmar</i>	<i>16<sup>th</sup> Avenue &amp; Main, Belmar</i>
<i>18<sup>th</sup> Avenue &amp; Main, Lake Como</i>	

*Listed below are the preferred items but any canned or plastic container of food would be appreciated.*

### *Canned Goods*

<i>Vegetables</i>	<i>Fruit</i>	<i>Pasta Sauce</i>
<i>Tuna</i>	<i>Chili</i>	<i>Soup</i>
<i>Meat Ravioli</i>	<i>Beef Stew</i>	<i>Pork n' Beans</i>
<i>Assorted Beans</i>	<i>Coffee/Tea</i>	

### *Plastic Jars*

<i>Pancake Syrup</i>	<i>Peanut Butter</i>	<i>Jelly/Jam</i>
<i>Juice (32 or 46 oz)</i>	<i>Juice - sips</i>	<i>Pasta Sauce</i>

*Thank you,*

*Chip Cavanagh and The Parade Committee*