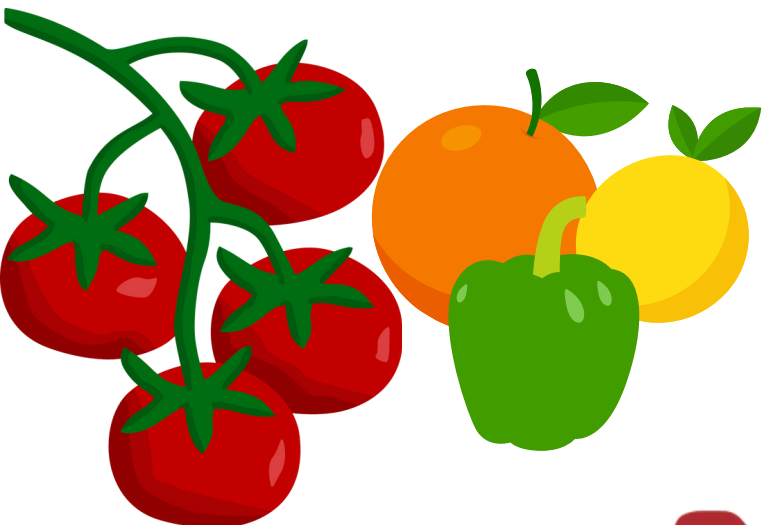




Nourishing Nook



**The MetroWest YMCA is now accepting
the following food donations:**

Grains:

Oats
Quinoa
Brown rice
Whole wheat Pasta
Lentils
Nutritious cereal
Rice cakes
Pancake mix
Mac n' cheese
Granola bars

Other:

Pasta sauce
Canned tomatoes
Canned vegetables
Applesauce
Fruit pouches
Spices
Chicken broth
Low-sodium soups
Oil
Coffee/tea
Salad dressing
Flour
Honey/maple syrup

Protein:

Canned fish/canned
Meat
Peanut butter
Beans
Shelf-stable milk

Donations can be placed in the blue bin located on the Community Corner counter.
This is along the pool-side wall adjacent from the Member Services desk.

**Please reach out to Liz Hayes at EHayes@metrowestymca.org
with any questions.**

