

New Jersey FFA

Feeding Our Friends the Healthy Way

2015 Statewide Community Service Project

Join Us in the Effort!



Good nutrition is a critical part of an individual's health, well-being and quality of life. Many major causes of disease and death in the United States are related to poor nutrition. Even in New Jersey, many families do not have access to healthy food, or may not be able to afford it. With your help, we can provide nutritional options for those families in need!

Feeding the Community

This year, New Jersey FFA encourages its members to participate in a food drive to help families in need. However, this drive focuses on providing foods that offer a healthy and well-balanced diet for everyone.

From now until State Convention, help us to collect non-perishable, low-sodium, healthy food items for those who may not have access to it or cannot afford it.

All items collected will be donated to the New Jersey Agricultural Society who will then deliver it to food banks around New Jersey to help families in our state gain access to a well-balanced diet.



Creating a Balanced Diet

Proteins:

Nuts & Seeds
Beans & Lentils
Tuna
Chicken
Oatmeal
Peanut Butter
Protein Bars
Quinoa

Vegetables:

Corn
Carrots
Peas
Green Beans
Leaf Spinach
Cut Asparagus
Sweet Potatoes
Tomatoes
Yams

Fruits:

Apples
Pineapple
Dried Fruits
Peaches
Applesauce
Pears
Mixed fruit cups
Raisins
Olives



2014-2015 New Jersey FFA Association

*Chapter donations will be collected on
Wednesday, May 20, 2015 between 2:00 pm and 7:00 pm and
Thursday, May 20, 2015 between 7:30 am and 8:30 am at the
judges' registration table in Pollak Theatre.*

Chapters that participate in the Statewide Community Service Project will be recognized during the 2nd General Session of the 85th NJ State FFA Convention in May 2015.