



**Compassionate Actions Project®
(CAP)**

is a non-profit 501(C)(3) food
outreach organization.

There are no paid employees.

We depend on grants and donations.

CAP works independent of
Second Harvest Food Bank,
making our food outreach costlier to
maintain than typical food outreach
programs locally and nationally.

Donations of any amount are
greatly appreciated.
EIN 27-2627420

CAP
P. O. Box 1523
Erie, PA 16512

www.CompassionateActionsProject.org



FOOD DRIVES



Have you ever participated in a food drive?
Businesses, churches and other groups
often hold food drives.
People like helping people in need of food.

Vegan Food Drives help the low income,
are compassionate towards other beings and
help promote environmental stewardship.

Inside you will find the many healthful 100%
PLANT BASED FOODS you can request for
your **VEGAN FOOD DRIVE!!!**

PROTEIN FOODS (in cans or jars)

- ◆ Vegetarian Baked Beans
- ◆ Canned Beans in water
- ◆ Black-eyed Peas
- ◆ Peanut Butter or any nut butters

PROTEIN FOODS (in Bags)

- ◆ Split Peas
- ◆ Lentils
- ◆ Other Dried Beans
- ◆ Nuts and Seeds

PROTEIN FOODS (in Non-refrigerated Cartons)

- ◆ Nut Milks (Almond, Cashew)
- ◆ Soy and Rice Milks

VEGETABLES (Packed in Water)

- ◆ Green Beans
- ◆ Carrots
- ◆ Potatoes
- ◆ Mushrooms
- ◆ Green Peas
- ◆ Cabbage
- ◆ Spinach

SAUCES

- ◆ Pasta Sauce: no meat or dairy in sauce
- ◆ Seasoned Tomatoes
- ◆ Salsa
- ◆ Soy Sauce
- ◆ Hot Sauce

BREAKFAST FOODS

- ◆ Quick Cooking Oats
- ◆ Quick Cooking Grits
- ◆ Fruit (cans or jars)
- ◆ Fruit or Vegetable Juice

CARBOHYDRATES

- ◆ Whole Grain Pasta
- ◆ Quick Cooking or Regular Cooking Rice
- ◆ Other Whole Grains

MISCELLANEOUS

- ◆ Dried Herbs and Spices
- ◆ Mustards, Vinegars and Olive Oil
- ◆ Raisins, Dates and Figs
- ◆ Popcorn
- ◆ Cooking Spray
- ◆ Coffee or Tea