



Synergy Volleyball

Food Drive February

The Details: *Win a party for your Synergy Team.*

Synergy will be hosting *Food Drive February.*

- Donation site will be:
 - VA food Pantry – Philadelphia (Dan Halstead, Coach).
- Feb 1st – Kickoff of food drive, collection boxes will be in the back court – each time you have donations please place them in your designated team box.
- Bring your donations to Synergy Tournaments –
 - 5 items = free admission to tournaments. This will include anyone coming to the tournament and will be placed in the general donation box.
- For all Synergy teams, family/friends can bring donations to the tournament and request “credit” be given to your team.”
- The team with the greatest number of donations end of February will win a party.

Questions or suggestions?

Contact: Christi Kelly, 610.283.4375, or ckelly@ck4comp.com (Anna Kelly, 14 Cyclone National)

Donation Suggestions from the VA

Peanut butter	Instant macaroni and cheese
Instant rice cups	Peanut butter snack crackers
Cheese crackers	Canned tuna
Canned chicken	Butter crackers
Vienna sausages (any flavor)	Canned Pasta
Oatmeal	Cereal
Applesauce	Canned fruit or fruit cups
Fruit roll ups	Animal cracker snack packs
Single serve packets of cookies	Canned vegetables
Instant coffee	Canned and single serve soups and chili
Jam or jelly (any flavor)	Fixodent, Nail clippers, combs
Special dietary non-perishables: gluten-free and nut-free; low-sodium; heart healthy products	