



HELP SENIORS STAY HEALTHY



For millions of seniors, hunger and malnutrition are a real issue. Comfort Keepers®, a leading in-home care provider, and Foothill Unity Center, the Community Action Agency for the Foothill Area and the leading community food distributor, are combining efforts for a food drive that will provide food to seniors who need food in local communities. We will be collecting nonperishable foods throughout February and March at participating locations throughout the San Gabriel Valley.

For More Information:
Comfort Keepers: 626-254-0100
Foothill Unity Center: 626-358-3486

*Serving Seniors.
 Nourishing Lives.*



Suggested Nonperishable Foods:

- Canned foods such as fruits, vegetables, meats, evaporated milk
- Dried fruit, soups (low sodium)
- Grains (rice, beans, etc.) and cereals
- Nutritional drinks



**Comfort
 Keepers®**