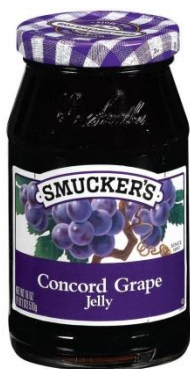




GIVE THIS..... NOT THAT!

Many patrons of The Council of Churches of Greater Bridgeport's network of forty food pantries and community meal programs suffer from diet-related diseases, such as type 2 diabetes and heart disease. We can help prevent and manage these conditions by making small changes to the foods we donate, allowing people to cut sodium, sugar, and unhealthy fats from their diets. While giving fresh or frozen foods is best, there are healthier alternatives to the typical non-perishable items given.

Instead of



Donate



Instead of



Donate



Instead of



Donate

