



BOY SCOUTS OF AMERICA

SCOUTING FOR FOOD

**HELP THE
SCOUTS
HELP THE
NEEDY**

Please place canned items in a grocery bag and place it on your doorstep.
The Scouts will pick up the food:

**Saturday,
November 13, 2010**



www.goodturnforamerica.org

Please place on porch by 9am



United Way
A UNITED WAY
Member Agency

SCOUTING FOR FOOD

**Receive a FREE Medium Soft Drink
with the purchase of any Angus Burger**

Limit one coupon, per customer, per visit. One free item per coupon. Not good in conjunction with any other offer, discount or combo meal. Cash value 1/20 of 1¢. Void where prohibited. Prices and participation based on independent operator decision. Prices may vary. Present card before ordering. Plus tax if applicable. Price of required purchase is posted on the menu board. REDEEMABLE ONLY AT THE FOLLOWING McDONALD'S LOCATION(S):

**McDonald's of New Hanover, Brunswick, Bladen, Robeson,
Columbus, Pender & Scotland counties**

Expires: 12/31/10
BY: Scouting For Food
Operator for reimbursement send to:
P.O. Box 2393, Murrells Inlet, South Carolina 29576
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The Perfect Bag

The Perfect Bag contains a variety of nutrient-rich foods from all five-food groups

- 2 cans of hearty soup, stew or chili: supplies many nutrients
- 2 cans of tuna, chicken, salmon, or luncheon meat (e.g. Spam): contains protein and iron. Canned salmon is a source of calcium and omega-3 fatty acids
- 1 can of fruit: supplies vitamins A and C, folate, potassium, fiber, and other healthy substances
- 1 can of 100% pure fruit juice: contains vitamin C and often beta carotene
- 1 can of vegetables: supplies beta carotene, vitamin C, folate, complex carbohydrates, fiber, and potassium
- 1 can of tomato or pasta sauce: contains lycopene, a healthy substance that is more available to your body in canned and cooked tomatoes than in fresh
- 1 canned meal: offers a variety of ingredients and nutrients
- 1 can of beans: contains plenty of protein, complex carbohydrates, and fiber
- 1 can of evaporated milk: makes an excellent source of calcium and protein



**Cub Scouting for boys
who are in the first
through fifth grades or
ages 7 to 10**



**Boy Scouts for boys
11 to 17**



**For young men and
women ages 14 to 21**

VENTURING • BSA

**For more information on joining the Boy Scouts of
America visit us at www.capefearcouncilbsa.org
or call (910) 395-1100 ext. 29**