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For Immediate Release ...

Coastal Moving & Storage, Cat Country 98.7 and Manna invite you to help Fill the Mayflower the week of Thanksgiving with healthy food for families and children in need. Fill the Mayflower will be held Monday, Nov. 19th 5AM – 7PM and Tuesday, Nov. 20th 7AM – 6:30PM at Cordova Mall on the 9th Avenue side across from Sacred Heart Hospital.

Donating is easy, and you don't even have to get out of your vehicle! Just pull up to the Mayflower trucks where volunteers will offload your food and take your donations. Monetary gifts – cash, credit cards and checks – are also appreciated. Media partners Cat Country 98.7, NewsRadio 1620 and WEAR ABC Channel 3 will be onsite to help collect food and tell the story of Manna and its impact on the community. Fill the Mayflower is now in its' 11th year thanks to the generosity of Coastal Moving and Storage.

This is Manna's largest multi-day food drive of the year and plays a critical role in meeting the needs of the hungry in Escambia and Santa Rosa counties. Food collected at Fill the Mayflower will help Manna provide nutritious food to the hungry in the coming months. Most needed canned food items include: Fruit (in 100% juice preferred), Chicken, Tuna, Carrots, Squash, and green vegetables including Spinach, English Peas and Turnip Greens. Breakfast items needed include Whole Grain Cereal and Oatmeal. A donation of \$30.00 will provide food for 5 days to a child in need, and \$5.00 will provide 3 meals plus snacks.

Last year, Manna provided food to 13,525 people, including 8,428 families. In addition to meeting local needs, Manna has also provided food to dozens of Hurricane Michael evacuees on an as-needed basis.

For more information, please visit MannaHelps.org or call us at 850-432-2053.

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About Manna

Manna's mission is to offer emergency food assistance, service the food-related needs of vulnerable populations, and engage the entire community in the fight against hunger. A local grassroots organization with no national affiliation or government funding, Manna provided the over 250,000 meals to people last year. Manna operates a network of three emergency food distribution pantries and seven specialty programs and partnerships in Escambia and Santa Rosa counties. For more information, please visit www.mannahelps.org.