



Old Mother Hubbard

Old Mother Hubbard went to the Cupboard
to cook up some biscuits and stew.

But when she got there, the cupboard was bare,
and she didn't know what to do!

Old Mother Hubbard needs you to fill her October cupboard!

In 2007, the **Mother Hubbard's Cupboard** project was launched at Vista Hill's ParentCare Center, thanks to generous support from the *San Diego Women's Foundation*. The "Cupboard" provides healthy emergency food supplies, and nutritional education to low income young mothers & their children.

How can you help?...Donate and Volunteer!

Nutritious, non-perishable food items

(Examples: Tuna, chicken, granola bars, 100 calorie snack bags, soup, cereal with low or no sugar, canned beans, pasta, rice, tomato sauce, canned fruit and veggies, apple sauce, rice cakes, oatmeal) **We really need back-to-school snack items for the kids: granola bars, juice boxes, non-perishable snack items.**

Basic necessities

(Examples: Diapers, **size 1 - 5**, wipes, toilet paper, hand soap, body wash, shampoo/conditioner, lotion, toothpaste, toothbrushes, children's toys and learning materials, etc.)

We really need diapers, size 3 - 4 - 5.

Monetary Contributions - For the purchase of much needed items as listed above...

All donations can be dropped off or mailed to the following address:

Vista Hill
Attn: Jenny Cairncross
8910 Clairemont Mesa Blvd.
San Diego, CA 92123
(858) 514-5155