

Thanksgiving Food Drive

Eastside Chiropractic Clinic

2821 Hubbell Avenue • Des Moines

(515)263-1313

Donate one bag (at least 5-6 items) of canned or boxed non-perishable foods anytime between through November 23rd

New Patients

Receive an Initial Exam & X-Rays (2 views, if needed) by donating.

Existing Patients

Donate for a chance to win prizes...

**Ice Pack (2 prizes)
BioFreeze (2 prizes)
Tens Unit (1 prize)**

Food List

Canned Yams

Boxed Stuffing

Canned or Boxed Potatoes

Cranberry Sauce

Dessert/Cake Mix

Canned Vegetables

Canned Fruit

Packaged Cookies or Pastries

Pudding & Bread Mixes

Apple Sauce

Instant Mashed Potatoes

Condiments

Plastic Knives & Spoons

Paper Plates

Disposable Pans

Toilet Paper

Turkey Gravy

Pie & Jello Mixes

