



Drop off unwanted prescription medicine and confidential documents!

Schedule your appointment today! Scan the QR code, visit [jchdonline.org](http://jchdonline.org) or call 618-684-3143 ext. 128.

# SHRED, MED, SHARPS, MORE! DISPOSAL DAY

Saturday, April 26, 2025 • 8 a.m. - Noon

 **Jackson County Health Department**  
415 Health Department Road  
Murphysboro, IL, 62966

## Free & Confidential Document Shredding

Document shredding provided by S.T.A.R.T.

Limit 2 boxes per person

No on-site shredding

No business waste

## NEW Additional Disposal

CFL & LED lightbulbs

Rechargeable batteries

## Free & Safe Disposal of Unwanted Medications

Prescription and over-the-counter medicines including pills, creams, and patches

No liquids or inhalers\*

## NEW Sharps Disposal Program

Accessible drop-off for sharps containers

1 qt. sharps collection containers available



\*Call 1-844-4-TAKE BACK or visit [medtakebackillinois.org](http://medtakebackillinois.org) for more information about safe and secure drop-off and mail-back disposal options for prescription medicines, inhalers, and sharps.

Colorectal cancer screening (FIT) kits, prostate screening referrals, and Tdap immunizations will be available in the front building lobby! Stop in or schedule an appointment at [jchdonline.org](http://jchdonline.org).

In addition to collecting medications, sharps, and confidential documents, JCHD is hosting a **healthy foods drive**. Consider donating nutritious, nonperishable food items like those listed on the back of this flyer to help fight food insecurity in our community.



# NOURISH — YOUR — NEIGHBOR

Support your local food pantries by donating the following nutritious foods!

## Fruits

Canned:

- ✓ Mandarin Oranges
- ✓ Peaches
- ✓ Pineapple
- ✓ Pears
- ✓ Mixed Fruit

Fruit Cups

Applesauce

Raisins/Dried Fruit

100% Fruit Juice



## Vegetables

Canned:

- ✓ Carrots
- ✓ Peas
- ✓ Corn
- ✓ Mixed Vegetables
- ✓ Tomatoes

100% Vegetable Juice



## Dairy

Shelf-stable Lowfat Milk

Evaporated Milk

Powdered Milk



## Whole Grains

Brown or Wild Rice

Old-Fashioned Oatmeal

High-Fiber/Low-Sugar Cereal

Whole Grain Crackers

Whole Grain Pasta

Couscous

Quinoa



## Proteins

Canned Tuna (in water)

Canned Salmon (in water)

Canned Chicken (in water)

Unsalted Nuts

Peanut Butter

Canned Beans

