

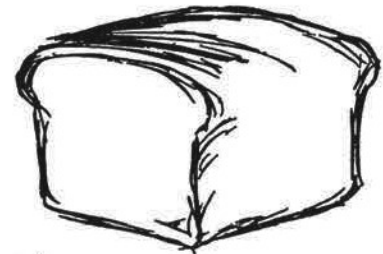
Lenten Food Drive 2018

*Answering the call to serve those in need by
sharing in faith and restoring hope one bag at a time.*

As we celebrate the season of Lent, may we continue to answer the Gospel call to serve those in need. Please help make a difference for local families by filling this bag with food. Donations will benefit your local food pantry, the Southern Maryland Food Bank, or the Capital Area Food Bank. Information on when food will be collected is below.

To ensure that area pantries receive what is really needed, please fill this bag from the category paired with the first letter of your last name.

Thank you for answering the call to serve those in need!



<u>Collection Details</u>	<u>My Last Name</u>	
	<u>Begins With</u>	<u>Food Items that I am asked to donate:</u>
Take home a grocery bag this weekend, March 17-18, from the Narthex.	A-C	Dried Legumes and Grains (rice, dried beans, lentils, corn tortilla flour, etc.)
	D-F	Canned Proteins (tuna, salmon, chicken, peanut butter)
Fill it with food assigned by your last name and return it to your parish by next week, March 24-25.	G-I	Pastas and Sauces (pasta, spaghetti sauce, macaroni & cheese)
	J-L	Soups (beef stew, chili, chicken noodle, turkey, rice)
Please do NOT donate perishable foods or items	M-N	Canned Vegetables— low sodium (mixed, green beans, corn, tomatoes)
	O-Q	Whole Grain Cereal (cheerios, cornflakes, raisin bran, plain oatmeal)
	R-S	Canned Fruits— in own juice or light syrup (pineapple, peaches and pears, applesauce)
	T-V	Healthy Snacks (raisins, dried fruits, nuts)
	W-Z	Cooking Oils (Vegetable Oil, Olive Oil, Canola Oil, Smart Balance)