



U (you)

F eed

O thers

*"...whatever you did for one of the least of these brothers of mine,
you did for me.." Matthew 25:40*

There are children within 5 miles of our church who have little to nothing to eat on the weekends.

HERE'S WHAT YOU CAN DO TO HELP!

On the first Sunday of the month bring a gallon size bag filled with "kid-friendly", non-perishable, nutritious food items:

- 2 Breakfasts (oatmeal, small cereal box, granola bar, etc).
- 2 Lunches (cheese/crackers, chicken salad, peanut butter crackers, soup, etc.)
- 2 Dinners (Easy Mac-n-cheese, beef ravioli, tuna, etc.)
- 2-3 Snacks (applesauce, pudding, fruit cup, etc.)
- 1 Juice or Milk Box

Place your bag in the bins marked UFO in the Narthex

NOTE: Please be sure the gallon bag is sealed!

Pastor Alan's Shopping List

FOOD ITEM	WALMART	WEGMAN'S	TARGET	COSTCO	DOLLAR TREE
Applesauce	6/\$1.98; 10/\$2.28	6/\$1.69	6/\$1.67	36/\$9.89	4/\$1.00
Chef Boyardee 7.5 oz cups	\$0.87	\$1.00	\$0.82 (on sale!)	8/\$6.89	n/a
Chicken Noodle Soup - 10.75 oz can	\$1.32	\$0.99	\$0.82	n/a	n/a
Easy Mac Singles Box of 6 envelopes	\$2.92	\$3.19	\$2.99	n/a	n/a
Fruit Cups	4/\$2.12; \$1.78	4/\$1.79	4/\$1.67	20/\$9.89; 20/\$8.99	n/a
Granola Bars - 1.4 oz or larger	8/\$2.00	8/\$2.39; 10/\$1.97	8/\$2.99; 8/\$2.25	36/\$11.79; 48/\$12.99; 16/\$7.49	n/a
Hamburger Helper Microwave Singles - Box of 4	\$2.76	n/a	n/a	n/a	n/a
Juice Box or bag- 6 oz. or larger	8/\$2.88; 10/\$2.48	8/\$2.99; 10/\$3.49	8/\$2.09; 10/2.99	40/\$7.49; 36/\$9.49	n/a
Oatmeal Packets	10/\$2.50; 10/\$2.82	10/\$2.29	10/\$2.29; 18/\$4.89	52/\$9.49	n/a
PB or Cheese Crackers (6/pkg)	8/\$2.18 10/\$2.28	8/2.29	8/\$1.97; 18/\$3.59	36/\$8.39; 30/\$7.99	n/a
Pudding Cups	4/\$1 or 12/\$2.98	4/\$1 or 12/\$2.99		36/\$7.79	4/\$1.00
Sm. Cereal Boxes	8/\$2.98	8/\$3.19	n/a	30/\$8.99	n/a
Tuna or Chicken salad kit	\$1.29	\$1.59	\$1.29 or \$1.37	n/a	\$1.00
Zip Lock Bags	16/\$0.97	15/\$1.99	30/\$2.27	152/\$11.99	15/\$1.00