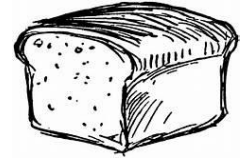


Catholic Charities Food Drive

Serving Montgomery County



Lenten Food Drive March 23-24, 2019

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

If your name begins with:

A-C	Dried Legumes and Grains (rice, dried beans, lentils, corn tortilla flour, etc.)
D-F	Canned Proteins (tuna, salmon, chicken, peanut butter.)
G-I	Pasta and Sauces (pasta, spaghetti sauce, macaroni and cheese)
J-L	Soups (beef stew, chili, chicken noodle, turkey, rice.)
M-N	Canned Vegetables -lower sodium (mixed, green beans, corn, tomatoes)
O-Q	Whole Grain Cereal (Cheerios, corn flakes, raisin bran, plain oatmeal)
R-S	Canned Fruits in own juice or light syrup (pineapple, peaches, pears, applesauce.)
T-V	Healthy Snacks (raisins, dried fruit, nuts.)
W-Z	Cooking Oils (vegetable, olive, canola oil or Smart Balance.)

Please do not donate items packed in glass containers or plastic wrapped. Feel free to use the bags offered at the doors of the church or one or more of your own.

Cash donations will also be accepted in the poor boxes on the weekend of March 23-24. Make checks payable directly to Catholic Charities.