

## St. P.'s Food Basket Greatly Appreciated...

**MANY THANKS** to all parishioners who have participated in the monthly food collections to the St. P. Food Basket. Your contributions over the past years have been such a blessing to individuals and families serviced by two caring agencies -

Monument Crisis Center

and

Food Pantry at St. Francis of Assisi (sponsored by St. Vincent de Paul).

For those who have not yet donated, the process is EASY!

- When:** 2<sup>nd</sup> FULL weekend (Saturday/Sunday) of each month  
**What:** Items that are most needed are listed on back of this flyer by month.  
**Where:** Bring your items to Mass on the 2<sup>nd</sup> full weekend and the Outreach Committee will do the distribution.

The Outreach Committee keeps in constant contact with these two agencies and continues to monitor their worthiness and need. These agencies not only feed the poor, but also offer services assisting people with daily requirements such as utilities, rent, and clothing.

The agency leaders indicate a strong will to help those less fortunate. They make their programs work with very little assistance from large outside companies or the government.

**Both agencies -**

- Have low financial budgets and rely on donations and volunteers
- Provide bags of food to families or individuals who can't fully fund their rent, clothing and meals.
- Have programs that have helped thousands of families and seniors over the years, but the requests for assistance are steadily and dramatically increasing due to the current financial climate.
- Remember that people must eat 12 months of the year, not just at Thanksgiving and Christmas.

The need continues.....and **you** are helping! Watch the bulletin for the food items to bring to Mass on the 2<sup>nd</sup> FULL weekend of the month, buy an extra can or package of food when the "**Buy one get one free**" sales are on. If you have questions feel free to contact anyone on the Outreach Committee. Watch for the "St. P. Food Basket".....

*The Outreach Committee  
1/2017 (over)*

# St. P. Food Basket

## MOST NEEDED FOOD ITEMS FOR 2017

(Post on your refrigerator as a friendly reminder!)



All nourishing food donations are appreciated, but the list below shows the important items that frequently run out. Food Collections will be held the 2<sup>nd</sup> FULL WEEKEND (SATURDAY / SUNDAY) OF EACH MONTH!

Please, unbreakable containers only, NO GLASS.

FEBRUARY 11/12 - 2017	Pasta, Tomato Sauce, Spaghetti Sauce
MARCH 11/12	Canned Fruit / Vegetables/Hominy
APRIL 8/9	Canned Fish / Meat - Tuna, Chicken, Turkey, Spam, Corned Beef
MAY 13/14	Oatmeal, Other Cereal (unsweetened if possible),
JUNE 10/11	Powdered Milk, Vegetable Oil, Masa Harina
JULY 08/09	Macaroni and Cheese, Rice
AUGUST 12/13	Peanut Butter and Jelly, Crackers (Saltines, Graham)
SEPTEMBER 09/10	Canned Meals - Pasta, Chili, Stew
OCTOBER 14/15	Canned or Dried Beans - Refried, Pinto, Black, Kidney, Pork and Beans, Baked
NOVEMBER 11/12	Masa Harina, Sugar, Flour (preferably 5 lb. bags) and Vegetable Oil
DECEMBER 2 WEEKENDS TBD	Annual Christmas Food Bag Drive for the Holidays
JANUARY 13/14 - 2018	Hearty Soups, Ramen

**Ideas:** Check local food ads for sales. **Buy One Get One Free** - keep one and share one. As always your support and generosity are appreciated - *The Outreach Committee 1/2017 (over)*