



St. Gregory's Episcopal Church
Donating to the Food Bank

Gas prices are up and food prices are rising, making donations to the St. Gregory's Food Bank more important than ever. We have seen an increase in Food Bank clients and we have been seeing clients again that we have not seen in several years. Donations are as important in the summer as in the winter. During the school year, children can get breakfast and lunch through school meal programs. These types of programs are not available to many families in the summer. The food we provide from the St. Gregory's Food Bank helps to supplement their food budget. Food Bank clients register to receive food. Each client family or individual receives food once a month for no more than 2-3 months at a time.

Please know that our Food Bank clients really appreciate the donations you make. Your donations let clients know that someone really does care, bringing them the love of God. It doesn't take much to provide that little bit of hope that keeps them going. Kathy Kirby has often commented on the difference in the way the clients walk out of the office with their bag of food from the way they walk into the office. She makes it clear to clients that these donations come from individual members of the parish who care enough to share what they have.

The shopping list on the reverse side of this letter details the specific kinds and sizes of "shelf stable" foods that the Food Bank distributes. Look for announcements in the Weekly Bulletin about specific items needed. You could pick up extra items when you shop for your family and drop them off in the Food Bank cart when you come to church on Sunday. Please do check for expiration dates as we cannot distribute foods passed their expiration dates. Also, we do understand that you might wish to donate food that would go to waste in your kitchen, but please understand that our clients would find it difficult to make use of exotic foods or have difficulty making nutritious meals from condiments.

If shopping is difficult for you, you can make a cash donation to St. Gregory's marked for the Food Bank and a volunteer shopper will buy the most needed items for the Food Bank. If you would like to volunteer to bag groceries for clients, please contact the church office.

Sincerely

Parish Life Vestry Planning Committee

John A. Reddi
Fris Brooks

John A. Reddi
John Eldon

Food Bank Shopping List of Shelf-stable Foods (Please check expiration dates)	
Family size	Individual size
Canned Meat (chicken, turkey, tuna, salmon, corned beef, stew, Spam, Vienna sausage) 6-12 oz <input type="checkbox"/>	3-5 oz pull-top <input type="checkbox"/>
Boxed & canned meals (macaroni & cheese, spaghetti, ravioli, chili) 14-20 oz <input type="checkbox"/>	Individual packets or pull top cans (4-8 oz) <input type="checkbox"/>
Canned or dried beans (black, cannelloni, kidney, lentils, pinto) 14-15 oz <input type="checkbox"/>	4-8 oz pull-top <input type="checkbox"/>
Peanut Butter 15-28 oz <input type="checkbox"/>	2-4 oz <input type="checkbox"/>
Jelly 15 oz <input type="checkbox"/>	1-4 oz <input type="checkbox"/>
Cup of soup or noodles 8 oz <input type="checkbox"/>	8 oz <input type="checkbox"/>
Canned soup 14-15 oz <input type="checkbox"/>	
Spaghetti sauce 28 oz <input type="checkbox"/>	
Pasta (spaghetti, penne, wide noodles, rigatoni etc) 1-3 lb <input type="checkbox"/>	
Rice 1-3 lb <input type="checkbox"/>	
Canned vegetables (corn, green beans, carrots, peas, mixed, tomatoes) 14-15 oz <input type="checkbox"/>	4-8 oz pull-top <input type="checkbox"/>
Canned Fruit (apricots, mixed fruit, peaches, pears, pineapple, oranges, applesauce) 14-15 oz <input type="checkbox"/>	2-4 oz pull-top <input type="checkbox"/>
Canned Fruit Juice (no grapefruit) 32-64 oz <input type="checkbox"/>	8-12 oz pop top <input type="checkbox"/>
Boxed Breakfast Cereal 32-56 oz <input type="checkbox"/>	1-2 oz cup/box <input type="checkbox"/>
Crackers 12-20 oz <input type="checkbox"/>	2-4 oz <input type="checkbox"/>
Granola Bars & Snack Packs (crackers & peanut butter, crackers & cheese etc) <input type="checkbox"/>	1-4 oz <input type="checkbox"/>
Boxed & canned milk (not evaporated or condensed) 12 oz <input type="checkbox"/>	
Bottled Water	8-12 oz <input type="checkbox"/>