## St. John's Charitable Society

## Hope for the Hungry Food Drive

Help us fight hunger and feed hope here in St. Mary's County!



## **Every Third Sunday of the Month**

The following items make up the core contents of an emergency supply of food for families in need and are greatly appreciated to stock local food pantries:

Cereal or oatmeal Shelf-stable milk

Pancake mix and syrup

Crackers (saltines)

Soup

Beef or Chicken Stew

Rice

Spaghetti/pasta

Spaghetti sauce (in cans or plastic)

Shelf-stable 100% juice

Peanut butter

Jelly

Cans of vegetables

Cans of fruit

Applesauce (in plastic)

Cans of protein (tuna/chicken/ham)

Macaroni and Cheese

## Please do <u>not</u> donate perishable items or items packaged in glass.

All items are placed in the storage shelves/cubbies outside the sacristy. For more information or questions, please email: <a href="mailto:until.the.morning.star.rises@gmail.com">until.the.morning.star.rises@gmail.com</a>.

Thank you for making a difference in our community!