

ST. JEROME LENTEN FOOD DRIVE: MARCH 20-21 MASSES

HELP PREVENT HUNGER SHOPPING LIST

Print, cut out, and
take to the store as
your shopping list.

1 can of hearty or
condensed soup,
especially chicken
noodle

1 can of beef ravioli

1 can of tuna

1 can of beef stew
or chili

1 bag of dried beans or
1 can red or black beans

1 one-lb. box of rice

1 box of macaroni &
cheese

1 jar of spaghetti sauce
and 1 box of pasta

1 can of vegetables

1 can of fruit

1 box of oatmeal
or cold cereal

1 18-oz. jar of jelly

1 jar of peanut butter

1 box pudding or Jello

"I'm starving."

Two words we hear so often, when:

- we haven't eaten for maybe three hours;
- we sit down at a restaurant to study a menu;
- we pass platters of food at parties

Yet, for too many people who live in Norwalk the words, "I'm starving," could be a reality. Currently, each day, about 30 individuals/families visit the CCA food pantry to pick up six days' worth of food. They are limited to one visit per month.

Each month our parishioners open their ears to listen to the fact that we have food-insecure neighbors. And, despite a struggling economy, we open our wallets to shop generously to help stock the shelves of Norwalk's pantries.

For Lent, in keeping with a 6-year tradition, we are invited to "shop the list" of food items given away to hungry families who rely on our local pantries (Christian Community Action, Mid-Fairfield Aids Project, St. Vincent de Paul Society and The Norwalk Emergency Shelter). The list represents 6 days' worth of food for one person.

Simply detach the shopping list and take it with you as you grocery-shop. The bill will come to approximately \$22. This might also be a "teachable moment" if you take your children along to help.

If the list is too long, simply purchase whatever you can, or split the list with a friend. All food will be given away.

Bring your donations to Mass on March 20-21. Jesus teaches us to feed the hungry. Please do not let this opportunity pass.

St. Jerome's Food Drive Committee