

# Join the HCSC Social Concerns Ministry for a



*(coordinated by Catholic Charities DC)*

As we celebrate the season of Lent, may we continue to answer the Gospel call to serve those in need. Please help make a difference for local families by participating in this food drive.

## INSTRUCTIONS

Pick up a bag from church this weekend (March 3-4) and fill with food according to the **list below**. The bags will be distributed at the end of Mass as you leave the Church or on the table in the rear of the Church. Return the filled bag the weekend of March 10-11. Please **DO NOT donate perishable foods or items packed in plastic bags or glass.** Thank you!

### My Last Name Begins With

A—C

D—F

G—I

J—L

M—N

O—Q

R—S

T—V

W—Z

### Food items that I am asked to donate:

**Canned Fruits— in own juice or light syrup**  
(pineapple, peaches and pears, applesauce)

**Cooking Oils**  
(Vegetable, Olive, Canola, Sunflower)

**Pastas and Sauces**  
(pasta, spaghetti sauce, macaroni & cheese)

**Canned Vegetables— low sodium**  
(mixed, green beans, corn, tomatoes)

**Soups**  
(beef stew, chili, chicken noodle, turkey, rice)

**Whole Grain Cereal**  
(cheerios, cornflakes, raisin bran, oatmeal)

**Dried Legume and Grains**  
(rice, dried beans, corn tortilla flour, etc.)

**Healthy Snacks**  
(raisins, dried fruits, nuts, grain crackers)

**Canned Proteins**  
(tuna, salmon, chicken, peanut butter)

Your food donation will benefit the Capital Area Food Bank, Southern Maryland Food Bank and our own HCSC Food Pantry.