

***It's time***

to start bringing in your non-perishable food donations for the annual Souper Bowl of Caring.

**Did you know?**

* 48 million Americans live in poverty?
* 1 in 7 Americans face hunger every day?
* More than 630,000 people in the United States are homeless?
* 23% of those struggling went to college?
* Or that 16 million children live in food insecure households?

**SOUPER BOWL OF CARING 2019**

Christ Church has been involved with this mission for the past several years. We have been very successful in collecting many, many items for local food pantries. We have collected so much in the past, that we were able to divide the items among several food pantries.

**Bring in your non-perishable food items on or before**

**Super Bowl Sunday, February 3rd, 2019.**

*Thank you all for making this event a success each year!*



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|  |  |
| --- | --- |
| ***Protein Foods: Meat, Poultry, Fish, Dry Beans, and Nuts***  canned tuna  canned chicken  canned beef stews  canned salmon  bean soups  canned or dried beans  baked beans  canned chili  peanut butter  canned nuts  ***Vegetables***  canned vegetables  vegetable soup  canned tomato products  spaghetti sauce  baby-food vegetables  V-8 juice  ***Dairy*** | ***Grains: Bread, Cereal, Rice,***  ***and Pasta***  rice and rice mixes  canned pastas  noodle mixes  dry noodles and pastas  macaroni and cheese mix  cold cereals  bran cereal  shredded wheat  infant cereal  hot cereal mixes  oatmeal  bread, muffin, and pancake mixes  whole-grain crackers  granola bars  graham crackers  flour  bread  ***Fruits***  canned fruit |
| infant formula  nonfat dry milk  evaporated milk  instant breakfast drinks  shelf-stable (UHT) milk (small boxes)  canned and boxed pudding | raisins  applesauce  dried fruits  baby-food fruit  fruit leather (100% fruit)  canned and boxed 100% juice |
| ***Oils and Condiments, Extras*** | |
| vegetable oil  salad dressing  syrup  mayonnaise  mustard  catsup | pickles  jelly and jam  honey  sugar  tea, coffee  spices |

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