

***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 tunacanned chickencanned beef stewscanned salmonbean soupscanned or dried beansbaked beanscanned chilipeanut buttercanned nuts***Vegetables***canned vegetablesvegetable soupcanned tomato productsspaghetti saucebaby-food vegetablesV-8 juice***Dairy*** | ***Grains: Bread, Cereal, Rice,*** ***and Pasta***rice and rice mixescanned pastasnoodle mixesdry noodles and pastasmacaroni and cheese mixcold cerealsbran cerealshredded wheatinfant cerealhot cereal mixesoatmealbread, muffin, and pancake mixeswhole-grain crackersgranola barsgraham crackersflourbread***Fruits***canned fruit |
| infant formulanonfat dry milkevaporated milkinstant breakfast drinksshelf-stable (UHT) milk (small boxes)canned and boxed pudding | raisinsapplesaucedried fruitsbaby-food fruitfruit leather (100% fruit)canned and boxed 100% juice |
| ***Oils and Condiments, Extras*** |
| vegetable oilsalad dressingsyrupmayonnaisemustardcatsup | picklesjelly and jamhoneysugartea, coffeespices |

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