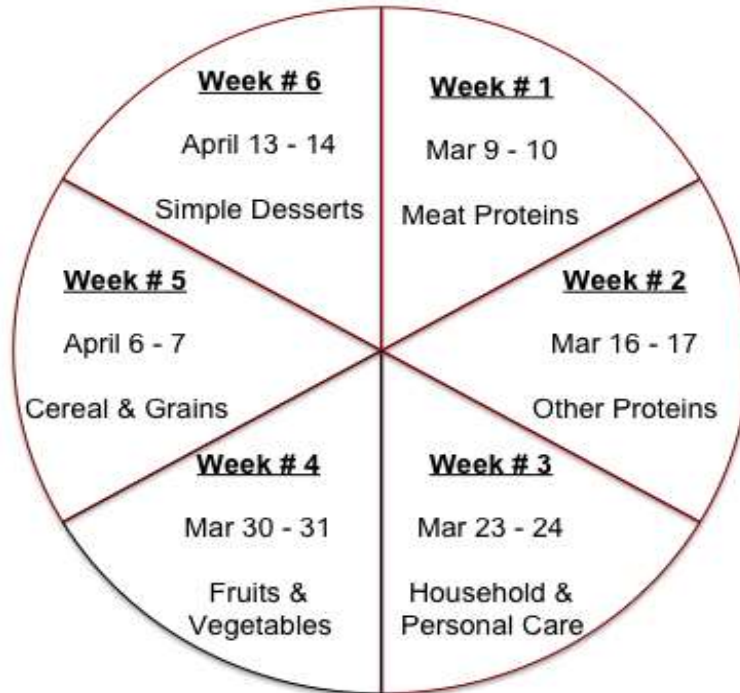


2019 St. Vincent de Paul Lenten Food Project

In the name of Holy Spirit parishioners, we Vincentians hope once again to provide boxes of food during Holy Week to needy families we serve. We invite you to join us in providing the contents of these boxes. We suggest particular items each week, but any item on the list may be brought to church any time and placed on the table in the narthex. Please keep this flyer handy at home near your shopping list. (Look for sales and don't forget to use those coupons). Thank you and God bless you!



Week 1: Canned chicken, Chili, Beef stew, Spaghetti with meat sauce, Spaghetti O's, Sloppy Joe sauce, Ravioli with meat sauce.

Week 2: Tuna, Chunky soups, condensed soups, Mac & Cheese, Peanut butter.

Week 3: Toothpaste & brushes, Soap (bar, dish, laundry), Shampoo, Toilet paper, Facial tissue, Paper towels, Deodorant (men's & women's).

Week 4: Canned fruits, Canned vegetables, Juices, Jelly/jams, Baked beans, Salad dressings, Mayonnaise/Miracle Whip, Boxed potatoes.

Week 5: Hot and Cold cereals, Boxed pasta, Pasta-Roni, Rice-A-Roni, Complete pancake mix, Syrup.

Week 6: Jell-O pudding mix/cups, Cookie mixes, Muffin mixes, Brownie mixes.

Please carefully check the expiration dates on goods; outdated canned goods cannot be distributed. Please avoid glass containers as much as possible.