



“I WAS HUNGRY AND YOU FED ME”

What is needed in the bag...

What does NOT go in the bag

- Medications
- Fresh meat
- No opened food packages
- No expired-dated food
- Fresh baked or frozen goods
- Fresh fruit/vegetables (except as listed)

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|------------------|------------------|---------------------|
| • Rice | • Healthy Snacks | • Crackers & Cheese |
| • Dried Beans | • Apples | • Soups |
| • Dried Noodles | • Oranges | • Healthy Drinks |
| • Pasta Sauce | • No Sugar | • Jell-O & Puddings |
| • Canned Meat | • Added Fruit | • Nuts |
| • Canned Veggies | • Cups | • Paper Products |
| • Canned Chili | • Other Non- | • Hygiene Items |
| • Canned Fish | • Sweetened Cups | • Baby Food |
| • Oatmeal | • Jam & Jellies | • Baby Wash Cloths |
| • Boxed Cereal | • Honey | • Lots of Diapers |
| | • Pasta | |



St. Mel Parish
**Justice & Peace
Council**

Thank You for being the heart
and hands of Jesus' compassion.

GUADALUPE COMMUNITY CENTER

Bags in the Baskets...

...Power in the Pews!

Just take this bag with you the next time you go to the grocery store and fill it with the food and other items (see list on reverse side). Return it any time to the baskets located at the entrances to the church or to the monthly St. Vincent de Paul tent (second Sunday).

It's that simple and yet can make a world of difference to our sisters and brothers who are hungry.

Guadalupe Community Center
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“There are people in the world so hungry that God cannot appear to them except in the form of bread. Mahatma Gandhi