

Hope & Food

SHOPPING LIST

To support the Saturday morning **Hope & Food** ministry, please consider including one or more of the following in your next shopping trip:

- Proteins:** *canned pop-top Vienna sausages, potted meats, tuna, pork & beans, spaghetti & meatballs, hearty soups. **Key is pop-top.***
- Eggs** (boiled)
- Cheese sticks**
- Snack-pack nuts**
- Slim Jims**
- Snack-pack peanut butter**
- Snack-pack peanut butter crackers**
- Ritz/saltine crackers** in sleeves
- Fruit/jello/pudding cups**
- Mini candy bars**
- Cases of water**

And **please join us** on Saturday mornings at 9:00 am for a time of Morning Prayer, fellowship, and a brown-bag breakfast with our neighbors. **Thank you!**