



# Humanitarian Sunday

September 25, 2011

(and once a month hereafter)

Please help the Humanitarian Ministry Team  
replenish the Food Pantry!!

One Sunday a month will be designated as a day to bring items for the Food Pantry, or give a monetary donation to help buy the needed items. You may, of course, bring items or make contributions at any time during the month. Your support is always greatly appreciated!

## SHOPPING LIST

(Please buy pop-tops when possible.)

Canned tuna, chicken, Vienna sausages

Canned Fruit and Vegetables

Ravioli

Beef Stew

Chicken noodle, vegetable, and tomato soups

Spaghetti Sauce

Spaghetti

Ramen Noodles

Crackers

Peanut Butter



(Please see Helen Stitt for questions or to give a donation.)