



FEEDING THE 5000 FOOD DRIVE

"The number of those who ate was about five thousand men, besides women and children."

—Matthew 14:21

Please bring contributions to the marked boxes in the Narthex or at the North Entrance.

Sunday, March 5, through Easter Sunday, April 16

Throughout Lent, GPC will collect food for these local organizations that help the hungry in our community:

▪ **THE LORD'S TABLE** (faithinactiondc.com/stmartin) provides a hot, multi-course, mid-afternoon meal six days a week for the hungry at St. Martin of Tours Catholic Church in Gaithersburg.

▪ **GAITHERSBURG HELP** (gaithersburghelp.org) provides local families in need with short-term emergency assistance of various kinds, including supplemental groceries.

▪ **MANNA FOOD CENTER** (mannafood.org), through its Smart Sacks program, provides needy children with backpacks full of kid-friendly food every Friday so that they have food on the weekends when there are no school meals to sustain them.

Needed for The Lord's Table and Gaithersburg HELP

- Powdered drink mixes – tea or lemonade
- Soups, broth – boxes or cans
- Spices, dehydrated onion, parsley
- Canned salmon, chicken, or tuna
- Boxed cereals – low sugar varieties
- Rice – 1 lb bags, brown or white
- Macaroni and cheese
- Pasta sauce with meat
- Canned vegetables and beans
- Dried fruit – individual boxes
- Boxed rice mixes
- Pasta
- Applesauce
- Peanut butter
- Sugar
- Instant potatoes
- Beef stew
- Canned fruit
- Jelly
- Salsa

Needed for Manna's Smart Sacks

- Instant oatmeal – low sugar varieties
- Milk boxes – 8 oz, shelf stable, white
- Canned fruit – packed in juice
- Canned vegetables – low sodium or no salt
- Whole grain and regular pasta – 1 lb
- Rice – 1 lb bags, brown preferred
- Dried beans – 1 lb bags, pinto or black preferred
- Canned beans – low sodium or no salt
- Canned chicken, tuna, or salmon – 5–7 oz
- Fruit cups – 4 oz, packed in fruit juice
- Raisins

Last year we raised our goal to 7,000 items and ended up with 7,117 items! Let's do it again!