

# LOAVES AND FISHES PROJECT

## Instructions

1. Put your box in a place where you will see it often. It will be a reminder and help you fill it quickly.
2. The list below contains food items that will feed a family of four for two days. **Please do not substitute items on the list**, but, you may **add items**, if you wish.
3. Canned items should be regular size. Packaged items should be regular or medium size.
4. Variety in the canned items would be helpful. An assortment of vegetables and fruit would be better than two cans of the same item. Meats may be Spam, Treet, hash, stew, canned chicken, etc.. Please avoid odd or exotic items such as artichokes, spiced apples, oyster stew, sauerkraut, etc.
5. Set your own pace when filling your box. Most families will find it easier to buy FIVE OR SIX items a week.
6. The Outreach Committee is asking that you put a **children's book in each box**. These may be used, if they are in good condition.
7. Filled boxes are to be brought to **Emmaus Hall** on Sunday, April 9th. The boxes will be blessed and taken to Greater Greenwood United Ministries for distribution.
8. **Allow your participation in this project to be a spiritual growth experience for your family. Pray for the persons who will receive your box of food and thank God for the food you have. Pray for those who do not have enough food, when you are asking for blessings before your meals.**

Dear God,

We thank you for food and remember the hungry, we thank you for health and remember the sick, we thank you for warm homes and remember the homeless. May the remembrance of these things stir us to action in Your Name. Amen.

---

## LIST of FOOD ITEMS

2 cans meat	1 box hot cereal
2 cans vegetables	1 pkg./box powdered milk
2 cans fruit	1 can evaporated milk
2 cans soup	
2 boxes macaroni & cheese	<u>Optional Items</u>
1 box dry soup mix	1 jar peanut butter
1 lb. dry beans	1 jar jelly
1 pkg. rice	1 bottle dish detergent
	1 child's book