

St. Augustine Food Pantry Information Sheet

December 2008

First, on behalf of our church and all the Food Pantry volunteers, we want to thank you for supporting this important ministry. We also want to thank everyone that has donated in the past and will donate in the future.

St. Augustine's Coordinator for Outreach and Justice & Peace works directly with people from a variety of places, including parishioners, to provide food to them and their families when needed. St. Augustine also works with an organization called CCHASM (Chesterfield Colonial Heights Alliance for Social Ministry) to provide food to needy families. To learn more about CCHASM, visit their website at www.cchasm.org. Each week, CCHASM provides a list of the families it has screened and will send to our church to receive food for that week. On every Saturday morning, volunteers from our church open the Food Pantry. These volunteers sign in each family and check the information they provide against the information sent to our church by CCHASM.

Each week there is a standard list of food, toiletries and paper goods given to each family. Listed below are some of these items, should you want an idea of what you could donate.

FOOD ITEMS

- Boxed macaroni and cheese
- Peanut butter
- Grape or strawberry jelly
- Boxed cereal, such as Cheerios
- Pancake/waffle mix
- Boxed corn muffin mix
- Pasta (boxes of spaghetti or other types) and Spaghetti sauce
- Baked beans or other canned beans
- Oriental or "Ramen" noodles
- Canned tuna fish
- Mayonnaise
- Boxed pudding or jello
- Canned Chef Boyardee
- Canned tomato or chicken noodle soup
- Canned vegetables (peas, corn, green beans, mixed vegetables, carrots, or tomatoes)
- Boxed mashed potatoes
- Plain white rice or boxed flavored rice (such as "Rice-a-roni")
- Canned fruit
- Hamburger Helper or other boxed complete meals

TOILETRIES AND PAPER GOODS

- Toilet paper
- Tooth paste
- Bars of soap
- Shampoo

IMPORTANT NOTICE:

As you gather items to donate to our Food Pantry, please be sure to check the expiration date on the can, box or package. We do not want to give away any food that is potentially spoiled. Thank you!