

# Power in the Pews FOOD DRIVE

**Power in the Pews Food Drive** enables us the power to work together as a congregation to develop a faith based healthy community to improve the lives of the God's people.

*For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, (Matthew 25:35)*

*Through Him, then, let us continually offer a sacrifice of praise to God, that is, the fruit of lips that confess His name. Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God. (Hebrews 13:15-16)*

## Main Dish (Canned) \*

- Chunky Soups
- Chili with Beans
- Canned Stews (beef, chicken, etc.)
- Lasagna
- Canned Tuna/Chicken
- Canned Meals (Chicken & Dumplings, Scalloped Potatoes & Ham, etc)
- Spaghetti
- Beans
- Peanut Butter



## Fruit

- Applesauce
- Canned Fruit (peach, orange, pear, mixed, etc.)
- Raisins
- Nuts (peanuts, cashews, mixed, etc.)

## Crackers (Regular or Whole Grain)

- Goldfish Crackers - Cheddar
- Crackers (Saltine, Ritz, Clubhouse)
- Cheese/Peanut Butter Crackers (Individual Size)



## Desserts – Individual Size

- Cookies
- Fruit/Grain/Granola Bars
- Fig Newtons

## Breakfast Items

- Boxed Instant Cereal (Cold or Hot)
- Powder Milk



## Juices

- Apple
- Orange
- Grape
- Juicy Juice



## Other (Travel Size)

- Toiletries (Hygiene Products)
- Toilet Paper
- Baby Wipes



\*Lower Sodium Items Please