

# 2024 LENTEN FOOD DRIVE

Please help make a difference for local families by **donating a bag of non-perishable food items during the 2024 Lenten Food Drive.**

To ensure that area pantries receive what is really needed, please fill a bag with items from the category paired with the first letter of your last name.

**Parishes are requested to deliver food to a local food pantry of their choice.** To request assistance delivering food, please contact your parish relations coordinator or the Catholic Charities program manager, Evette Howard at [evette.howard@cc-dc.org](mailto:evette.howard@cc-dc.org). Food will not be collected unless previous arrangements are made.

Thank you for answering the call to serve those in need! For more information, scan the QR code.



## COLLECTION DETAILS

Simply fill a bag with food and bring it to your parish or school by the date below:

**Schools: March 4 - 8**

**Parishes: March 9 and 10**

My Last Name Begins With

Food Items I am Asked to Donate

<b>A-C</b>	<b>Dried Grains and Legumes</b> (rice, dried beans, lentils, corn tortillas, flour, etc.)
<b>D-F</b>	<b>Canned Proteins</b> (tuna, peanut butter, salmon, chicken)
<b>G-I</b>	<b>Pasta Sauces</b> (pasta, spaghetti sauce, macaroni & cheese)
<b>J-L</b>	<b>Soups</b> (beef stew, chili, chicken noodle, turkey, rice)
<b>M-N</b>	<b>Canned Vegetables - Low Sodium</b> (mixed, green beans, corn, tomatoes)
<b>O-Q</b>	<b>Whole Grain Cereals</b> (cheerios, cornflakes, raisin bran, plain oatmeal)
<b>R-S</b>	<b>Canned Fruits</b> (pineapple, peaches, pears, applesauce)
<b>T-V</b>	<b>Snacks</b> (raisins, nuts, cookies, crackers, popcorn)
<b>W-Z</b>	<b>Cooking Oils</b> (vegetable oil, olive oil, canola oil, Smart Balance)