Please Contribute to the Thanksgiving Food Collection benefiting the St Helen Church, St Vincent De Paul food pantry and the 'Feed the Spirit' ministry

WHEN/WHERE

November 14 and 15 (10am-1pm) with drop off at the Church office/ garage and **November 22** (around the altar) at St Helen Church

Suggested Pantry Items (in order of greatest need)

Soups of all types - Canned Ravioli/Beef macaroni - Canned fruit - Spaghetti sauce - Canned Chili/Beef stew - Dinner side items (i.e. Mashed Potato mixes, Rice, pasta mixes etc) - Breakfast cereal - Pancake mix and Syrup - Saltine/Graham crackers - Canned meats (Tuna, Chicken etc) - Canned spaghetti and meatballs – Canned mixed vegetables - Peanut Butter and Jelly– Pork and Beans/Baked beans – Miscellaneous canned beans - Jello and Pudding mix - Cake Mixes and Icing - Dry pasta (spaghetti/mac and cheese) – Canned corn and green beans

Suggested Feed the Spirit items

Breakfast foods in individual bags or containers (oatmeal, cream of wheat, breakfast bars, pop tarts, cereal cups) – Snacks (raisins, crackers, pretzels, goldfish) – Fruit or Vegetable individual cans (pop top) or cups (easy open) or applesauce – Shelf stable white milk in single serve cartons – Easy open meals (must have pop top if a can) i.e. pasta meals in cups, mac-n-cheese in cups, cup-o-soup, any soup can with pop top, ramen in cups

The Feed the Spirit Ministry provides specific items used to feed hungry children in the surrounding communities of Riverside, Dayton and Beavercreek