



FEEDING THE 5000 FOOD DRIVE

"The number of those who ate was about five thousand men, besides women and children."

—Matthew 14:21

Please bring contributions to the marked boxes in the Narthex or at the North Entrance.

Sunday, February 18, through Easter Sunday, April 1

Throughout Lent, GPC will collect food for these local organizations that help the hungry in our community:

▪ **THE LORD'S TABLE** (faithinactiondc.com/stmartin) provides a hot, multi-course, mid-afternoon meal six days a week for the hungry at St. Martin of Tours Catholic Church in Gaithersburg.

▪ **GAITHERSBURG HELP** (gaithersburghelp.org) provides local families in need with short-term emergency assistance of various kinds, including supplemental groceries.

▪ **MANNA FOOD CENTER** (mannafood.org), through its Smart Sacks program, provides needy children with backpacks full of kid-friendly food every Friday so that they have food on the weekends when there are no school meals to sustain them.

Needed for The Lord's Table and Gaithersburg HELP

- Powdered drink mixes – tea or lemonade
- Soups, broth – boxes or cans
- Spices, dehydrated onion, parsley
- Canned salmon, chicken, or tuna
- Boxed cereals – low sugar varieties
- Rice – 1 lb bags, brown or white
- Macaroni and cheese
- Pasta sauce with meat
- Canned vegetables and beans
- Dried fruit – individual boxes
- Boxed rice mixes
- Pasta
- Applesauce
- Peanut butter
- Sugar
- Instant potatoes
- Beef stew
- Canned fruit
- Jelly
- Salsa

Needed for Manna's Smart Sacks

- Instant oatmeal – low sugar varieties
- Milk boxes – 8 oz, shelf stable, white
- Canned fruit – packed in juice
- Canned vegetables – low sodium or no salt
- Whole grain and regular pasta – 1 lb
- Rice – 1 lb bags, brown preferred
- Dried beans – 1 lb bags, pinto or black
- Canned beans – low sodium or no salt
- Canned chicken, tuna, or salmon – 5–7 oz
- Fruit cups – 4 oz, packed in fruit juice
- Raisins

Please donate often to help us reach our goal!