



# FEEDING THE 5000 FOOD DRIVE

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

—Matthew 14:21

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

## March 10 through April 21



Please bring contributions to the marked boxes in the Narthex or on the second floor near Pastor Mary Beth's office.

### Needed for Gaithersburg HELP and St. Martin's Pantry

- Canned and dried soup
- Canned tomato products (diced, stewed, and sauce)
- Canned salmon, chicken, or tuna
- Canned fruit – packed in juice
- Canned vegetables and beans
- Peanut or natural nut butters
- Boxed cereals – low sugar
- Rice – 1 lb bags, brown or white
- Boxed rice mixes
- Macaroni and cheese
- Pasta sauce with meat
- Pasta (dry, regular, and gluten free)
- Dried fruit – individual boxes
- Cooking oil (up to 14 oz bottle)
- Instant potatoes
- Dry, bagged beans
- Powdered milk
- Jelly

### Needed for Manna's Smart Sacks

- Instant oatmeal – original flavor
- 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
- Peanut or natural nut butters
- Fruit cups – 4 oz, packed in fruit juice

*Please donate often to help  
us reach our goal!*

