

40 CANS FOR 40 DAYS

Knights of
Columbus



Our local council is asking parishioners to donate 40 nonperishable food items this Lenten season.

One can per day is inspired by Christ's 40 days of fasting in the desert.

Donated food items may be left in the SS Peter & Paul collection box near the west front door. Please consider donating 40 items or \$40.00 ~ all donations are welcome. Checks may be made out to the "Knights of Columbus #1164" and dropped in the collection basket or Church office.

Please take this opportunity to help feed those in need through the Atlantic Food Pantry and the Knight of Columbus Food for Families Program.

Items suggested by the Atlantic Food Pantry:

- Fish (canned salmon, tuna, etc.)
- Beef Ravioli
- Pork & Beans
- Hamburger Helper
- Macaroni & Cheese
- Boxed Pasta Sides (alfredo, lemon garlic, butter, etc.)
- Boxed Potato Sides (mashed, scalloped, etc.)
- Flavored Gelatin Dessert (Jello - strawberry, cherry, lemon, etc.)
- Pudding/Pie Mix (Jello – vanilla, chocolate, tapioca, banana cream, etc.)
- Cake Mix (white, chocolate, etc.)
- Soups (tomato, chicken noodle, chili, etc.)
- Cream of Chicken & Cream of Mushroom Soup
- Chicken Broth
- Fruit (canned – pears, peaches fruit cocktail, applesauce)
- Vegetables (canned peas, green beans, corn, etc.)
- Diced tomatoes
- Chili Beans
- Corn Muffin Mix
- Saltine Crackers
- Peanut Butter (18 oz jars)
- Cereal
- Quick Oats (18 oz cans)
- Pancake & Waffle Mix (only need to add water)
- Maple Syrup
- Coffee (30 oz cans)
- Black Tea Bags
- Laundry Detergent (liquid)
- Bar Soap
- Toilet Paper
- Empty Egg Cartons

The above are food items suggested by the pantry; however, all nonperishable items are greatly appreciated.

Thank you for taking this opportunity to help feed our local citizens!